



**Subiaco Primary School**  
**Parents and Citizens Association**  
**Healthy Hub Committee Report**  
Term 2, 2022

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<b>Committee Members:</b>	Doreen Demos, Rachel Feldhusen
<b>Vision:</b>	To help develop, maintain, and communicate a healthy approach to eating within the school and community life.

In 2022 Health Hub will continue to promote and encourage healthy eating by promoting the Crunch & Sip program throughout the school. Communication will be maintained with school staff members regarding the importance of the Crunch & Sip Program.

Advantages of the program:

- Good health
- Promotes future healthy eating habits
- Assist learning – stay focused, happier and hydrated



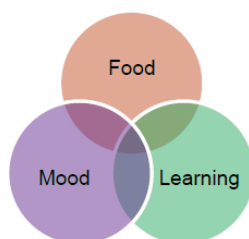
Unfortunately, as with so many other school initiatives, Healthy Hub's activities have been impacted by COVID 19 and going into Term 2. Healthy Hub will be back to providing healthy platters at school events as soon as restrictions permit. In the meantime, we are planning a newsletter post to remind children to continue to bring their Crunch and Sip to school each day and providing a school website updates as the links have expired.

We are both new members this year, there are two of us, as a few have dropped out last Term. There is still a need to continue to involve parents particularly in the younger years to bring more members into the committee to try and ensure better continuity in the years to come.

### **Food Mood and Learning**

As the school is currently dealing with new challenges and requirements to help reduce the spread of coronavirus (COVID-19) the Healthy Hub has done some research on ways that the school can continue promoting healthy eating at this time.

Currently it is more important than ever to ensure staff, students and families eat well, as it can help support good mental health, and a healthy immune system. It can also ensure they get the right fuel for their concentration and performance.



**Ongoing activities:**

Healthy Hub will continue to meet throughout the year to discuss and confirm activities and dates for 2022.

- **Monitor online lunch for suitability using food checker and adjust seasonally.**  
Look into adjusting unsuitable foods as well as following up on feedback from the students that portion sizes have diminished and some addition of ingredients are disliked such as spring onion in the sushi. Making the food enjoyable as well as healthy is important.
- **Update Healthy Eating Pages on the school website to highlight F&V activities, articles and recipes. Provide updated links to current Sip and Crunch videos as links have expired.**
- **Fortnightly checking of kitchen which passed the council inspection Term 4 2021.** Have been asked by students to provide recycling bin and general waste bin (its missing) particularly for online lunches containers. Will follow up with whomever is Deb Hands replacement.
- Kitchen requires one new pizza oven and also the base spike of the HH banner went missing at athletics carnival last year and needs replacing.
- HH aprons to have HH logo printed and be worn on event days when providing platters Term 2/3 onwards. This is to increase visibility and awareness.
- Whilst COVID prevents face to face interactive presentations in Term 2 access to a Webinar "Packed with Goodness" on the importance of healthy eating shall continue to be provided via Compass and the school newsletter. This could be ongoing depending on COVID restrictions on workshop presentations which were planned for later this Term.
- **Committee members to do ongoing learning through a free online training session on how to provide healthy foods and drinks in schools with Australian Healthy Eating Advisory Service.**

To learn:

- about School Food Services Policy and how it applies to the school
- how to review lunches online food menu and classify foods and drinks using FoodChecker
- simple ways to make recipes and menus healthier
- advice on how to get the school community more involved.

## Future Plans (COVID 19 dependent)

### Term 2:

- Healthy Hub to confirm latest COVID restriction requirements with school regarding serving of food and ability to do face to face presentations.
- Healthy Hub are putting together powerpoint presentation "**Cool Fuel**" in **preparation for possible Term 2 interactive workshops** in later weeks of Term 2 (waiting for permission from school as will involve serving food and contact). Healthy Hub to provide year 4,5 and 6 interactive **Workshops Term 2 9-12pm** but may be after lunch if numbers require with assistance from Mel Gilchrist.
- If unable to do interactive workshops Healthy Hub will continue to provide Webinars to parents and students through the **Cancer Council "Packed with Goodness" program**.
- Whilst we were unable to attend assemblies for presentations in Term 1 we provided a link on Compass and in the newsletter for a **Cancer Council Webinar for parents and students called "Packed with Goodness"**. The sessions run for approximately one hour and cover the following topics:

- the importance of fruit and vegies for students

- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- label reading
- the best drink choices for kids

Each parent will get a free downloadable resource kit and information on the Sip and Crunch programme

- Healthy Hub to assist Subiaco Primary to register as an **accredited Sun Smart School** through the Cancer Council to encourage students to apply regular sunscreen and maintain the dispenses throughout the school. We currently have planned a meeting with Melinda Harris to discuss and have developed up a **Sunsmart policy** that is suitable for Subiaco Primary.
- Also Healthy Hub is currently looking into possible **Healthy WA grant or other grants available**

### Term 3:

- Healthy Hub to provide fruit and vegetable platters at the **Sports Carnival early September**
- **September Bring a Cup program third week of September**

### Term 4:

- Healthy Hub to provide fruit and vegetable platters at the **Splashdance end of November**
- Also look into providing rainbow vegetable kebabs and corn on the cob with various spice rubs (use of BBQ) to be confirmed.

## Possible Future Projects

- Healthy Hub to look into other Wellness ideas for students including meditation which may be beneficial particularly this year for the students.