Welcome to this edition of the linkletter. I trust you and your children have all settled back into the routines of school life after the recent holidays. We have commenced the term in great fashion with the students getting back into the full swing of their learning programs straight away.

Prep – 2 swimming commenced this week at the Yarra swim school and it was fantastic to see so many parents in attendance to lend their support and encouragement of the students and to facilitate the smooth running of this program. We appreciate your assistance.

We are continuing our transition program for the 2015 Prep students via our play dates and upcoming Orientation sessions. This will provide tremendous support for our newest students whom will enjoy the positive and supportive culture of WHPS.

Next week our school council will meet again to continue their committed approach to supporting and improving our school.

One of the agenda items for this month is to review and approve the 2015 school fee structure. Following our meeting, school fee documentation will be sent home to all families. I ask you to please recognise the importance of paying your due fees. This allows the school to continue to provide the highest quality learning environment for your children. We are well resourced at WHPS and I am committed to ensuring this continues into the future.

Similarly, we are due to send out our term 4 reminders for the termly invoices and for any outstanding 2014 fees. If you are in arrears of your preferred payment plan, please contact the office to ensure we can continue to follow our budgetary processes.

Maintaining your payment makes a huge difference in what we are able to provide for your children. Whilst being extremely mindful of the daily pressures of household bills and the increase in general living costs, we make every endeavour to reduce and maintain a manageable school fee structure. As always, if you are experiencing difficulty in keeping up with your payment plan, please contact me directly so as to negotiate a solution.

You may have read and heard in the media of recent times that many ‘experts’ are reviewing and commenting on the National Curriculum. This involves the content and it’s worth. Staff at WHPS work extremely hard to ensure a dynamic, vibrant and diverse curriculum. This ensures the engagement of all students as well as considering students’ input into their passion and interests. In doing so, the school and the staff work hard to provide a holistic curriculum that develops the whole child. This includes the core content of literacy and numeracy but also stretches students in the areas of other disciplines and also develops a thinking curriculum where we build independent and collaborative learners who are confident, articulate and well-rounded in their capacity to be active and positive members of society. We work towards developing a learner who is; socially competent and confident; has the ability to express themselves and articulate their needs, whilst empathising and connecting with those around them.

TWILIGHT WORKING BEE

Thank-you to the staff, parents and students who helped out at our recent working bee. Your support is greatly appreciated. Thanks to your input we were able to complete some fantastic additions and upgrades to our school grounds.
We managed to complete many tasks including:

- Painting of handrails
- Clearing of hard rubbish from around the school
- Planting of many indigenous plants around the school
- Painting of wooden seats and sleepers around the school
- Weeding of garden beds
- Painting of basketball backboards
- Constructing of gag pit for student use
- Trimming and pruning of hedges near Henry St.
- Mulching of garden beds
- Fixed broken seats for student use
- Spreading of softfall in student playgrounds
- Etc....

In helping out, you have supported the school to beautify our buildings and grounds; which makes for a nicer playground space for all our students.


**No Hat, No Play**

This term is a SUNSMART term. All students are required to wear a wide brimmed school hat everyday. Students who do not have a hat will be asked to remain under the covered area during play times. PLEASE clearly name your child’s hat (in fact, all of their belongings).

**Allergies**

It’s that time of year again where the allergens appear to tickle the nose and run the nose! If your child suffers please take any preventive measures from home that may help. Also if you child needs medication please administer at home each morning. If a more severe response is required then medication can be administered at school via the office. Please be reminded that any administering requires a parent permission form the filled out.

**Student absence**

Any extended absence (holiday) requires parents to seek approval from the principal. Please send any request in writing via email or hard copy.

**ICT Learning Program in 2015.**

The benefits of using the latest technology to enhance classroom programs and individual learning is now well researched and utilized. In order to maintain our focus on ensuring the highest quality learning for all individuals we will be implementing a 1:1 ipad program for all year 3-6 students in 2015. These devices will compliment, enhance and extend the learning program for all students. We will be providing further details in coming weeks regarding the ipad requirements, processes, required apps and supporting documentation to ensure a smooth rollout. If you have any questions regarding this program please contact the school.

**Parking restrictions**

Of recent times we have had a Banyule parking officer patrolling the streets surrounding the school. Please observe all parking signs as I am aware that infringement notices are being issued. As always, our highest priority is to maintain the safety and wellbeing of all community members. This includes travelling to and from school.
Read, Read, Read
The school has recently purchased more literacy books for our students and we continue to encourage nightly reading at home. Please embrace this and make it part of your daily ritual with your children. The exposure to texts (of varying kinds and genres) and the exposure to lots of discussions and conversations are imperative to student success at school and into further studies.
The more students read and talk about their learning the more cognitive and articulate they will be. As parents you play a significant role in this development. At school we spend many hours of our core teaching time promoting and developing literacy skills. However the opportunity to expand, extend and practice these skills is something that all children should be doing at home each night. We continue to build our literacy resources for our library and also for our individual classroom libraries.

Music everywhere
Next Thursday we will participate in an initiative to promote musical education across all schools in Australia. It is called ‘Count Us In‘ www.musiccountusin.org.au/. One of their big events is a song day where schools around Australia sing a song (composed by students) at the same time on the same day (Thursday October 30th at 12.30pm). see the attached flier for further details. This promises to be a bit of fun for our students.

Division Athletics
Congratulations to Lexie Lieschke who finished 4th in the long jump at the recent division athletics carnival and to Monique Dimonte-Cotton who placed 6th in the shot put. A wonderful achievement by both girls. Well done.

VicSwim are offering swim lessons for students. Please see further information is attached to the newsletter.

100 Faces
Today we had 20 student representatives attend the Banyule 100 faces launch at Watermarc in Greensborough. This project coincides with Children’s week and is an initiative of the Banyule council. The 2014 nation-wide theme for Children’s Week is “the right to speak and be heard”.
The idea was to gather 100 students from across five Banyule schools and for them learn about the role of local council whilst also having the opportunity to express their ideas and opinions about our local area and how this could be enhanced.
The students’ thoughts and ideas were expressed through photography and text. Our students did a wonderful job in this project and also representing our school today. The council members and Mayor Craig Langdon were in attendance and impressed by our students, especially Lexie Lieschke and Emma Rodda, whom spoke on behalf of the 100 students. The photos can be seen displayed around our local Banyule area. Keep your eyes peeled!
This compliments our focus on ensuring all students at WHPS have a voice and are heard!

Color Me Orange Day!
Thanks to everyone who participated and donated to this cause. We managed to raise $230 which will help to fund initiatives for seriously ill adults. Your support is greatly appreciated.

Library News
Last term was very busy in our school library with Izzy and Joanna overseeing the rearranging of library shelves and setting up a Pets themed library. Our current theme is Spies and Detectives and children in the Library Club have been doing some great work. Congratulations to Tess Hall and Matilda Clark for winning the Term 3 library writing competition. Keep your eyes open for another competition this term. The library is now open for quiet reading and library activities during Monday and Wednesday lunchtimes with quite a few children taking advantage of the opportunity to learn more about how a library operates. Thank you to the children who voted for books they would like to see on our library shelves. We are very excited to have purchased many of these great new books and they are proving very popular. Thank you to Vicki from After School Care, for helping to catalogue books.
If you would like to join our band of parent volunteers helping to cover books please see Izzy, Joanna or your child’s teacher. Most children are very responsible in returning books by the due date. However, it is easy to misplace books and overdue notices were sent home last week so that children are aware of the books they need to return. We ask that parents assist children in returning overdue books to avoid a $10 charge towards the cost of replacing lost books.

**Curriculum Day**

A reminder that on **Monday 3\(^{rd}\) November students are not required at school**. Staff will be meeting to continue our work on improving and developing our Mathematics program and instruction at the school. Similarly, Tuesday 4\(^{th}\) November is a public holiday for the Melbourne Cup. Therefore no students required at school until Wednesday 5\(^{th}\) November. I hope you back a winner!

Have a great weekend.

Michael
# WHPS Student of the Week

## For Week beginning 13\(^{th}\) October 2014

<table>
<thead>
<tr>
<th>Student</th>
<th>Year Group</th>
<th>Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isabella</td>
<td>Prep H</td>
<td>Improving her listening skills.</td>
</tr>
<tr>
<td>Kara</td>
<td>Prep H</td>
<td>Preparing and presenting some interesting Show and Tell.</td>
</tr>
<tr>
<td>Lola</td>
<td>Prep C</td>
<td>Taking her time and doing lovely handwriting.</td>
</tr>
<tr>
<td>Charlie</td>
<td>Prep C</td>
<td>Writing an amazing holiday recount for his show and tell.</td>
</tr>
<tr>
<td>Jordyn</td>
<td>1/2 S</td>
<td>Trying hard to improve the detail in his writing.</td>
</tr>
<tr>
<td>Matika</td>
<td>1/2 E</td>
<td>Working really hard on her Maths. Well done Matika!</td>
</tr>
<tr>
<td>Joshua</td>
<td>1/2 E</td>
<td>Using some great adjectives to describe his magic bear in the Big Write.</td>
</tr>
<tr>
<td>Kai</td>
<td>3/4 T</td>
<td>For his leadership skills during group activities.</td>
</tr>
<tr>
<td>3/4 M</td>
<td>3/4 M</td>
<td>Showing an outstanding effort on the 3/4 camp. The teamwork and confidence developed showed great leadership by all members of 3/4M</td>
</tr>
<tr>
<td>Brodie</td>
<td>5/6 B</td>
<td>Foe demonstrating outstanding focus during the Big Write.</td>
</tr>
</tbody>
</table>

## For Week beginning 20\(^{th}\) October 2014

<table>
<thead>
<tr>
<th>Student</th>
<th>Year Group</th>
<th>Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lily</td>
<td>Prep H</td>
<td>Writing a great imaginative story.</td>
</tr>
<tr>
<td>Cooper</td>
<td>Prep H</td>
<td>Fantastic work in improving his reading.</td>
</tr>
<tr>
<td>Ava</td>
<td>Prep C</td>
<td>Always being so kind and considerate towards her classmates.</td>
</tr>
<tr>
<td>Molly</td>
<td>Prep C</td>
<td>Writing all of her teen numbers properly. Well done.</td>
</tr>
<tr>
<td>Ari</td>
<td>1/2 S</td>
<td>Making a fantastic effort in his Big Write.</td>
</tr>
<tr>
<td>Liana</td>
<td>1/2 WP</td>
<td>Working well in your team to do a great Readers Theatre play.</td>
</tr>
<tr>
<td>Matthew</td>
<td>1/2 E</td>
<td>His wonderful work on multiplication. Well done Matthew!</td>
</tr>
<tr>
<td>Rohan</td>
<td>1/2 E</td>
<td>Being a superstar reader during group time with our filming.</td>
</tr>
<tr>
<td>Sam</td>
<td>3/4 T</td>
<td>Showing initiative whilst acting in a caring and considerate manner.</td>
</tr>
<tr>
<td>Jacob</td>
<td>3/4 M</td>
<td>Showing persistence with his school work. It is excellent to see someone improve week after week.</td>
</tr>
<tr>
<td>Jocelyn</td>
<td>5/6 B</td>
<td>Always trying her best on every task presented to her.</td>
</tr>
</tbody>
</table>
### House Points

<table>
<thead>
<tr>
<th>Place</th>
<th>House</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Boronia</td>
<td>9,640</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Waratah</td>
<td>8,300</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>Banksia</td>
<td>5,445</td>
</tr>
<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Wattle</td>
<td>5,050</td>
</tr>
</tbody>
</table>

### CALENDAR OF EVENTS

#### October 2014

- **Mon 27<sup>th</sup>** School Council Meeting
- **Wed 29<sup>th</sup>** 2015 Prep Playdate

#### November 2014

- **Mon 3<sup>rd</sup>** Curriculum Day
- **Tues 4<sup>th</sup>** Melbourne Cup Day
- **Thurs 6<sup>th</sup>** Prep Information Night
  - Grade 6 grad./JSC Photos
- **Fri 7<sup>th</sup>** Casual Dress Day - Fundraising
- **Tue 11<sup>th</sup>** Grade 5/6 Coastal Forest Lodge Camp-Anglesea
- **Thurs 13<sup>th</sup>** Grade 1/2 Incursion-Mrs Sargood’s School
- **Wed 19<sup>th</ sup>** Prep 2015 Orientation session
- **Tues 25<sup>th</sup>** Prep Breakfast
- **Thurs 27<sup>th</sup>** Prep 2015 Orientation session
- **Fri 28<sup>th</sup>** Grade 1/2 Dinner/Sleepover

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**PREP – 2 SWIMMING DATES & TIMES**

Every Wednesday for 8 Weeks commencing Wed Oct 22<sup>nd</sup>
29<sup>th</sup> Oct, 5<sup>th</sup> Nov, 12<sup>th</sup> Nov, 19<sup>th</sup> Nov,
26<sup>th</sup> Nov, 3<sup>rd</sup> Dec & 10<sup>th</sup> Dec

**SWIMMING TIMES**

- 12.45pm – Prep C & 1/2E
- 1.30pm – Prep H & 1/2S
- 2.15pm – 1/2WP & 1/2Y

**LESSONS HELD AT YARRA SWIM SCHOOL**

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**Picnic in the Park**

**Playground Launch**

11am-2pm Sunday 26 October 2014
Coleen Reserve, Coleen Street, Yallambie

- Fabulous FREE family day - just turn up!
- Fairy entertainer & children’s activities
- $25 voucher for Best Picnic Hamper
- Enjoy a picnic and life size games
- Viewbank Scouts sausage sizzle
- Bring your teddy bear

**MORE INFORMATION**

www.banyule.vic.gov.au
9490 4222
Visual Arts Term 4

This term students in Preps will be investigating Weaving techniques and skills and will use these skills to create their own artworks. They will also have the opportunity to observe artworks from the very famous artist - Vincent Van Gogh. So watch out for some exciting sunflower paintings.

Our grade 1/2 students are going to be busy developing their Construction skills and have already begun collecting cardboard cylinders and small cardboard boxes to create their own special buildings. Later this term they are also going to be investigating the artworks from Indigenous and Torres Straight Islanders and will be exploring the symbols used in their artworks.

Our grade 3/4 students are going to find out about the Terracotta Warriors in China and then create their own warrior using sliver foil and modelling materials. Later on they are going to observe artworks from Gustav Klimt in particular his Tree of Life and put their sculpture skills into practice to create their own special tree.

Grade 5/6 students are busy creating their own designs to use in their fabric paintings and will be exploring various patterns and colour techniques. Finally, students will be developing their paper folding skills as they create their own paper puppet which they will be decorating using Batik materials they will create with wax.
Welcome to Term 4!

This term in music we will be continuing to explore music in its many forms using simple percussion instruments, body percussion (using our body to make sounds eg. Patting knees) and our voices. Other activities planned this term include making our own instruments and following this through with a lesson using the instruments we have made. We will also continue learning basic Auslan sign language (such as animals etc) - the children have great memories and can recall many of the animals we have learnt though Term 3. Hopefully you are being taught some of the signs at home!
3-6 Cultural Studies

Welcome to Term 4!
This term in Cultural Studies we are jetting across the Atlantic Ocean to find ourselves in the Americas. We will be reviewing both North America and South America. To start off the term we are setting off on a road trip across the USA to explore some of the most famous monuments and landmarks. The 5/6s will be producing an iMovie advertisement for their chosen landmark – to inform and persuade the class to visit. While 3/4 students will be producing their advertisement in poster format. We will also be organising some activities related to the American tradition of Halloween which occurs at the end of October.
THURSDAY 30 OCTOBER

MUSIC COUNT US IN

On Thursday 30 October schools around Australia will be singing the same song at the same time as part of the ‘Music Count Us In’ program which promotes music in schools! This year our students at Watsonia Heights Primary School will be joining in the fun! The song for 2014 is called ‘Paint me a song’. All classes will sing the song at 12.30pm in their classrooms. Then the Music Room will be open at lunchtime for kids to meet up and have some music fun.

Thursday 30 October @ 12.30pm – SONG TIME (APPROX. 5 MINUTES)
Followed by OPEN MUSIC ROOM at lunchtime 1.30pm

Try some instruments and musical activities

Meet some of our 3-6 students who learn an instrument

COME AND HAVE SOME MUSIC FUN!

MUSIC COUNT US IN
More information about the Music Count Us In Initiative can be found at www.musiccountusin.org.au
SCIENCE

This term in Science we are studying Physical Sciences. The Preps will be investigating how everyday objects move and what force it is that causes this movement. We will look at all shape and size balls and whether they move differently. We will look at how humans and animals move, toys that move and investigate the effects of shape, size and surface on how things roll.

The Grade 1/2’s will be doing lots of fun experiments pushing and pulling different objects to see what technique is more successful and how things work. We will be looking at the many different methods we can use to make things move and study the action of push and pull using force. We will learn how gravity works and what makes things move fast or slow. The students will have fun looking at how toys from around the world work and finish the term by making a toy boat.

Grade 3/4 has begun the term by presenting their planet ipad assignments. They are studying heat and how it is produced. We will see how heat is conducted and retained, how it travels and how heat affects the things around us. We will look at thermometers and carry out some experiments on heat and forces to compliment the curiosity unit being studied in the classroom.

Grade 5/6 students have begun the term presenting their ipad assignments on natural disasters to the class on apple TV. This term in science we will be looking more in depth at the scientific report and possible variables. We will experiment with light, making a periscope. The students will study chemistry, the properties of materials and investigate solids, liquids and gases.

It was great to see so many students interested and excited about the recent Lunar Eclipse and Blood Moon. The cloud cover made viewing a little challenging, but not to worry there is another one next April! Thanks to Ashley in 1/2 WP we have some silk worms in the science room. We will be watching their life cycle over the next month with eager eyes!

Cathy James

A picture of our vortex (wind cannon) and our silk worms!
PHYSICAL EDUCATION - Term 4

Grade 5/6
Term 4 will see the children in Grade 5/6 attend coastal based camp at Anglessea. The children will participate in surfing/body boarding, river kayaking & team building activities which will challenge them to use their initiative & communication skills. The physical education program will see the children develop & present a game to the class in a group of 3 or 4. The PE program will continue to reinforce skills & fitness necessary for the development of major games. Baseball, cricket & lacrosse will be covered throughout the term.

Sport for this term will see the inception of SEPEP, a sport program solely run by the children. The children will play Rounders against each other, one team each week will be the duty team, which is responsible for setting up the field, collecting the equipment, umpiring & scoring. All children will have had a hand in organizing the selection of the teams & will be running the competition. The teams will nominate a coach & captain. All children will identify an individual goal & the team will nominate a team goal. This will be the fifth year we have done SEPEP. The staff is amazed at how much the children get out of the program & enjoy it.

Grade 3/4
The children in Grade 3/4 have already attended an adventure based camp at Camp Rumbug near Foster North. This camp was extremely enjoyable for all children, building upon team orientated activities, communication skills and posing them with many challenges. I am pleased to say all children did a wonderful job on camp & really rose to the challenges presented to them. The PE program will continue to reinforce skills and fitness required for the development towards major games. We will be covering Tee ball, Lacrosse and cricket during fourth term.

Grade 1/2
Term 4 will see the children in grade 1/2 begin swimming lessons on a Wednesday. During PE the children will continue to be taught & practice the many fundamental motor skills necessary for the future of playing minor & major games. The children will be doing bouncing, kicking & hitting activities using a variety of different size & shape balls & bats. Minor games will be taught and played to enable the children to put these skills into practice in a game situation. The children will be encouraged to exhibit good sportsmanship & be mindful of safe play.

Grade Prep
The children in Prep have a busy term 4 ahead of them with swimming on Wednesdays, PMP on Fridays and PE on Tuesday (PH) & Wednesday (PC). During PE the children will continue to be taught & practice, the fundamental motor skills of running, jumping, dodging, catching, throwing, hitting, kicking etc. Minor games will be played in which these skills can be practiced. The children will be reminded of safe & co-operative play & encouraged to have good sportsmanship.

May I thank the parents who have volunteered again to help with PMP and ask if there are any other parents who can spare an hour on a Friday morning 11:30 am until 12:15pm or 12:15 until 1:00pm, so that our PMP program can continue to run throughout Term 4?

Bev Brooks
MATHS IS EVERYWHERE!!!

Each fortnight there will be a Maths Challenge that will be sent home in the newsletter. The 1st place will receive a special prize, 2nd place will win 300 house points and 3rd place will win 200 house points. There will also be 10 house points for every entry received.

This week’s challenge is...

Sundials

Before mechanical clocks, society monitored time using the sun and shadows. Create your own unique sundials, send us your photos and tell us the time! Bonus points for a series of photos that show changing time and for explanations on how a sundial works.

Handy Hints:

Get creative with what you find around the house. A sundial can be big or small, even made from paper plates, playdough, sticks and/or protractors.

Please take a photo of you with your entry and submit it via email to whpsmathschallenge@gmail.com or bring in a hard copy and place it in the Maths Challenge box at the office by

We look forward to seeing your fabulous creations!

The Maths Team.
Parents Victoria Online Conference
October 2014 & May 2015

First four days: 6am Monday 27 October 2014 to 11pm Thursday 30 October (Australian Eastern Standard time)
Register (for no cost) at: http://www.straighttothepoint.co/pv/register/

Principals, headmasters and teachers are invited to inform parents of this no-cost opportunity for discussion and debate and encourage their participation.

The four one-day topics are Homework, Access, Reporting and BYOD (Bring Your Own Device). The ongoing topic of Funding, an additional topic, will run for the entire four days. There will also be an opportunity for participants to raise other issues.

DAY 1: Monday 27 October: Homework - how much and when? Hosted by: Victoria Hall, DEECD & Leanne McCurdy, Parents Victoria

DAY 2: Tuesday 28 October: Access. How and why is it important to you for your child to have access to high quality state school education in your local community? Hosted by Catherine Hall, Our Children Our Schools & Elaine Crowle, Parents Victoria

DAY 3: Wednesday 29 October: Reporting. What do you really want to know about your child’s progress at school? When and how would you prefer to receive this information? Hosted by Kathryn Patford, DEECD & Nicole Sweeney, Parents Victoria

DAY 4: Thursday 30 October: BYOD (Bring Your Own Device). BYOD is a fast-growing trend in our schools; how is this working for your family? Hosted by Peter Maggs, DEECD & Sharron Healy, Parents Victoria

FOUR-DAY ONGOING TOPIC: 27-30 October inclusive: Funding. What should the government pay for? What, when and how should assistance be provided for disadvantaged students?
Commonwealth Bank Competition:
Rewarding regular savings with precious prizes.

We’re bringing the good news that the Dollarmites have found the ancient Clam of Fortune, a mythical shell packed with precious prizes. What’s even better is that they want to share their haul with you.

The precious prizes to win

- 40 x GoPro Hero3 White Edition Cameras
- 150 x Slip ’N Slide Double Wave Riders

The more you save, the more chances to win

Every deposit you make into your Youthsaver account will automatically create one entry for you into the competition (up to a maximum of 6 entries).
Competition runs: 20th October - 30th November 2014.

View the full terms and conditions

Earn bonus interest just by saving

Did you know that the money in your Youthsaver account earns money of its own? It’s called ‘interest’. And for every calendar month you put money into your account and don’t take any money out, we’ll give you ‘bonus interest’ as a reward on top of your standard interest!
Keeping kids healthy and fit

Michael Grose

Good health and well-being maximises children’s school and social experiences. There is heaps of evidence to suggest that fit children learn more and also enjoy a healthy range of social experiences. Conversely, children who are overweight and unfit frequently have problems with self esteem and self-image in adolescence.

Developed countries such as Australia have the resources at hand to maximise children’s health and fitness yet there is currently a huge concern about overweight and unfit children. Sedentary lifestyles, the high use of labour-saving devices and modern transport are just some of the challenges to children’s fitness levels. The high availability and attractiveness of less than healthy foods is also a challenge for parents no matter how keen they may be to keep the calories off children.

Parents need to work hard to ensure children lead lifestyles that maintain their health and fitness and maximise learning and social opportunities.

The following simple ideas can be adopted to ensure children grow up healthy and fit:

1. Limit the amount of children’s television, computer and electronic games usage to a maximum of two hours a day. Send children outside, suggest they walk or ride to a friend’s house or even suggest they have a friend or four over to play.
2. Children walk or ride a bike to school each day. Recent research revealed that 60 per cent of Australian 6 – 13 year olds would like to walk to school but only 30 per cent actually do. Most children would get their required minimum two hours of exercise a week by walking or riding their bikes to school.
3. Keep unhealthy food out of the shopping trolley and include more fruit. This may be stating the obvious but as keepers of the family purse parents have the main say about what food goes in and what stays out of the shopping trolley.
4. Serve healthy meals at the table on a regular basis. Far from being a rethinking stop mealtime is an opportunity for everyone to catch up and to share good healthy, well-prepared food.
5. Parents play with their children or join them in a physical activity. The family that plays together stays fit together could well be the motto of our times.
6. Encourage children to be involved in at least one organised physical activity each week. There is no shortage of options for children these days as there are activities and sports that cater for a diverse range of interests, abilities and body types.
7. Parents model a healthy lifestyle. Do as I do not as I say is the idea here. It is little use parents telling their kids to go out and play as they tuck into their second wine or they slump onto the couch. Modelling is the most important tool in the armoury if we want children to develop sustained healthy eating and exercise habits.

This plan has a great deal going for it. It is cost-free, easy to use and has the added bonus of promoting healthy relationships. If you follow this plan parents and kids should spend more time together, which can’t be a bad thing.

Try This . . .

PUTTING IT INTO PRACTICE

To promote health and fitness in your children try following four strategies:

1. Have a TV-free day once a week or TV-free period each day.
2. Put up the healthy eating food pyramid at home and get kids to identify the healthy foods they eat.
3. Organise for your children to walk to and from school each day establishing processes to ensure their safety.
4. Join your children in a physical game or activity each day.

Action Plan

First Step . . .

Next Step . . .

For more ideas about promoting healthy lifestyles for children visit www.parentingideas.com.au

What’s your child like?

How healthy is your child’s lifestyle?

DOES HE

1. Get a minimum of one hour’s physical activity every day? Yes 2 No 0
2. Spend more than two hours per day watching television, playing computer games and using the computer? Yes 0 No 2
3. Mostly eat according to the healthy eating pyramid? Yes 2 No 0
4. Get sufficient sleep so that they don’t tire in the middle of the day? Yes 2 No 0
5. Eat a good, healthy breakfast every day? Yes 2 No 0

SCORE:

10: More than likely a healthy specimen.
Keep it up.
6-8: Needs some work. Is it food, sleep or exercise that needs attending to?
0-4: Lifestyle needs looking at. Where to start?

Quote

‘One of the reasons why adults should look like they are having fun is to give kids a reason to want to grow up.’ Patch Adams

parentingideas.com.au