



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active



AASC NATIONAL NEWSLETTER

TERM 4 2005
(2ND EDITION)

INSIDE

AASC update

HART Sport competition: win \$446 worth of HART Sport equipment!

Bentley Primary School linking Australian Sports Commission programs to help Indigenous children

Want healthy kids? Reliable information is at hand

Recipe of the term — tropical pizza and veggie spring rolls

National Schools Network connects active schools

Sanitarium Weet-Bix Kids TRY-athlon

AASC update

As the first year of the Australian Sports Commission's (ASC's) Active After-school Communities (AASC) program comes to a close, it is timely to highlight a number of positive outcomes for children, families and local communities that are being achieved by the program.

There are currently 1491 primary schools and out of school hour care services (OSHCSs) across Australia participating in the AASC program with a further 383 prepared to commence the program in Terms 1 and 2 of 2006.

Over 6000 deliverers have undertaken the AASC Community Coach Training Program.



These deliverers include teachers/ OSHCS staff, secondary and tertiary students, local club personnel, private providers and family members. It is estimated that 24 000 deliverers will participate in the AASC program annually.

There has been much positive feedback regarding the impact the AASC program is having on children and local community capacity building. This has assisted the implementation of the program and provided a wide variety of opportunities to promote the objectives of the program and grow community awareness of the benefits of physical activity to the overall development of children.

The ASC would like to thank everyone involved in the AASC program in 2005 for helping make it such a success and we look forward to working with you all again in 2006.

Have a happy and safe Christmas!

HART Sport competition: win \$446 worth of HART Sport equipment!

The closing date for entries to the HART Sport competition has now been extended to the end of school term in all states and territories, except Tasmania which closed on 5 December.

Don't forget to encourage your students to visit the AASC Kids Playground (www.ausport.gov.au/aasc/kids) and come up with some fun and exciting games they can play. Students' games should be printed off and posted to the AASC office in your state.

For those schools/OSHCSs that don't have access to the internet, ask your students to draw their ideas on paper and post them into the AASC state office.

HART

S P O R T

**The AASC program's preferred
supplier of sports equipment**

Bentley Primary School linking Australian Sports Commission programs to help Indigenous children

Bentley Primary School in Western Australia has successfully combined the ASC's Sports Ability and AASC programs to help get students active and build an awareness of students who may be disadvantaged or have a disability.

The Sports Ability program is an inclusive activities program that targets young people in special education settings, both mainstream and special provision. At Bentley Primary School, the program has been conducted with two groups: the Year 5/6 class during their Health and Physical Education program and the school's AASC program, which operates three afternoons per week.

The Year 5/6 class has a 40 per cent Aboriginal representation. The majority of these students are socio-economically disadvantaged and sports equipment is limited outside of school hours. The group that participates after school is a more disparate one, comprising 30 students from Year 1 to Year 7.

Two positive outcomes of the program at Bentley Primary School are:

- the activities are enjoyable and appropriate across all age groups,

with the older students easily working with the younger ones

- the activities delivered clearly indicate a change in motivation among the students.

Glenn Jones, Bentley Primary School's PE Coordinator, said there is a definite competitive element, but it is non-threatening competition.

'There is very little recrimination when things go wrong and defeat is [usually] accepted with cheerful good humour. Sportsmanship — a focus of all our school's physical programs — has been enhanced,' Jones said.

'The students have shown particular interest in the way we are able to adapt everyday household items to be used in the activities. From comments received, there are clear signs that this is being transferred to their home environments.'

The school also has a Year 6 autistic child who has shown considerable



enjoyment from participating in the program. Due to the tactile nature of the activities, participation is not a problem for him and the other students are applauding every success he has, which is a big step forward.

Jones said that the results from both groups of children have been positive and the school will look to introduce more elements into its programs in Term 4, with a view to formalising it into the Physical Education curriculum next year.

Sports Ability is currently being delivered nationally in over 135 educational settings and will be delivered to over 150 educational settings by December 2005.

Want healthy kids? Reliable information is at hand...

Kids need a variety of nutritious food and regular physical activity for good health and normal growth and development. But it can be confusing knowing what or how much.

To help you through the maze of different advice out there, the Australian Government's Department of Health and Ageing has reliable nutrition and physical activity advice based on the best available scientific evidence.

Food for health: dietary guidelines for children and adolescents in Australia

These guidelines seek to promote the benefits of healthy eating, reduce the risk of diet-related disease and improve the community's health and wellbeing.

Children and adolescents are encouraged to:

- eat a wide variety of nutritious foods
- eat plenty of vegetables, legumes and fruits
- eat plenty of cereals, including breads, rice, pasta and noodles (preferably wholegrain)
- include lean meat, fish, poultry and/or alternatives

- include milks, yoghurts, cheeses and/or alternatives (reduced-fat varieties are not suitable for children under two years because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents when the diet has diversified)
- choose water as a drink.

Care should be taken to:

- limit saturated fat and moderate total fat intake
- choose foods low in fat
- consume only moderate amounts of sugars and foods containing added sugars.

Australia's Physical Activity Recommendations for Children and Young People

The recommendations for children aged five to 12 years and young people aged 12 to 18 years identify the minimum level of physical activity required for good health.

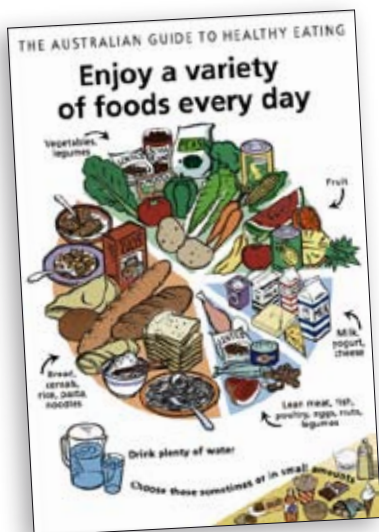
The recommendations are that:

- 1 Children and young people should participate in at least 60 minutes (and up to several hours) of moderate to vigorous-intensity physical activity every day.
- 2 Children and young people should not spend more than two hours a



day using electronic media for entertainment (for example, computer games, internet, television), particularly during daylight hours.

To get a copy of these free publications, telephone 1800 020 103 (toll-free) or email phd.publications@health.gov.au.



The Australian Guide to Healthy Eating

This guide provides you with helpful information about the amounts and kinds of foods that should be eaten each day to get enough of the nutrients essential for good health and wellbeing. It outlines the recommended number of daily sample serves per food group for children, adolescents and adults.

The Go for 2&5® campaign

The Australian Government's national Go for 2&5® campaign promotes the consumption of at least two serves of fruit and five serves of vegetables each day for adults. Children are also encouraged to Go for 2&5®. It is important to eat a variety of fruit and vegetables every day, including raw and cooked, and varied colours.

For children, the minimum number of serves is based on age, as follows:

- 4–7 years — one serve of fruit and two serves of vegetables
- 8–11 years — one serve of fruit and three serves of vegetables
- 12–18 years — three serves of fruit and four serves of vegetables.



The amount a child will eat at one time will depend on age, appetite and activity levels. One serve can include a combination of fruit or vegetables, and may be eaten in several smaller portions during the day. For example, a four year old may eat half an apple and half a banana during the day, making one serve of fruit.

Visit www.healthyactive.gov.au/2and5/index.htm for more information including fact sheets, recipe cards and a consumer booklet.

Tropical pizza

Five minutes preparation and
10 to 15 minutes cooking

- > 25cm pizza base or Turkish bread
- > ¼ cup tomato paste sauce
- > 100g ham, chopped
- > 225g can pineapple pieces (in natural juice), drained
- > 1 medium red or green capsicum, seeded and chopped
- > 100g mushrooms, sliced
- > 100g grated mozzarella cheese
- > 1 tbspc chopped herbs (parsley, oregano and/or basil)
- > or a pinch of dried mixed herbs

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10 to 15 minutes until heated through and browned.

Serves 4

Hint

Make eight mini pizzas using four halved English muffins as bases.

Variation

On top of the pasta sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato and rosemary, and top with cubes of reduced-salt feta cheese.



Veggie spring rolls

20 minutes preparation and five minutes cooking

- > 2 tsp olive oil
- > 1 clove garlic, crushed
- > 100g portabello or shitake mushrooms, chopped
- > 4 spring onions, sliced
- > 1 medium carrot, grated
- > 3 cups chinese cabbage, shredded
- > 1 tsp reduced-salt soy sauce
- > 1 tsp hoisin sauce
- > 1 tblsp chilli sauce
- > 12 spring roll wrappers
- > 1 egg white, lightly beaten

Dipping sauce

- > ¼ cup reduced-salt soy sauce
- > 2 tblsp sweet chilli sauce
- > 1 spring onion, chopped

Preheat oven to 200°C. Heat oil in pan and stir-fry garlic, mushrooms, onions and carrot until lightly cooked. Stir in cabbage and cover until wilted. Remove from heat and tip into a colander to

drain any liquid. Return vegetables to pan, add sauces and toss. Divide mixture among wrappers, fold in sides and roll up. Brush rolls with egg white and place on a tray lined with baking paper. Bake for 15 mins or until golden brown. Combine all dipping sauce ingredients. Serve spring rolls hot with dipping sauce.

Makes 12



National Schools Network connects active schools

Funded by the Australian Sports Commission, managed by the
Australian Council for Health, Physical Education and Recreation

Is your school looking to build on the successes of your after-school program and create additional opportunities for students to participate in sport and physical activity? Why not join with more than 1100 other committed Australian schools in the Active Australia Schools Network (Schools Network)?

Victor Harbor (South Australia) is just one example of a school that has developed an active school environment by taking advantage of the support offered by the ASC. The surfing program offered as part of the AASC initiative has been terrific in getting inactive students involved in the after-school environment. Together with a comprehensive sport and physical education program and support from the Schools Network to build on school-community links, the students now have every opportunity to be active both during and after school hours.

Victor Harbor has been a member of the Schools Network since May 2002 and has used the Network connections to support a number of new participation programs and initiatives.

One example is their girls' golf program, designed to enhance self-esteem. The program introduced GOGO golf and involved teachers coaching the girls with the help of the SA Golf Union,

SA Women's Golf and the Professional Golf Association.

This is how it developed:

- In Year 1 club volunteers and teachers ran one-hour golf lessons each week as part of a school program.
- The club professional attended every three to four weeks to support the teachers coaching the girls.
- The school bought some equipment and the club provided the rest.
- In the second year girls also visited and played on the club course.
- Girls participated in a Ladies Day at the club to practise their skills and play a few holes with help from women members and the professional.
- Now the program has extended to include boys.

Linda Hodgson of Victor Harbor says that the Network has helped her access information about the support available to teachers at the national, state and local levels. 'The State Network Coordinator regularly provides me with details of what's happening in terms of professional development, coaching, ideas from other Network Schools as well as tools to promote activity to parents.'

With some schools now enjoying their seventh year of membership, they are



also seeing some great outcomes from the programs and initiatives including:

- increased student and staff participation in sport and physical activity through initiatives during and after school hours
- better links with local sporting organisations, that is, personnel and programs
- enhanced staff expertise and enthusiasm
- improved attitudes towards sport and physical activity across the school community
- greater profiles for sport and physical activity
- improved facilities and equipment
- increased involvement among the less active students
- access to shared facilities.

For more details about joining the Schools Network and member benefits visit www.ausport.gov.au/schools

Or contact:

Gayle Rogers
National Coordinator
Active Australia Schools Network
Tel: (08) 8346 5718
Email: activeoz@achper.org.au

Sanitarium Weet-Bix Kids TRY-athlon

With over 70 000 kids across the country getting active and having fun as part of the AASC program, why not encourage them to use some of their new skills and take part in the Sanitarium Weet-Bix Kids TRY-athlon?

Kids TRY-athlon is a fun event that combines swimming, cycling and running, and encourages Aussie kids to give a healthy active lifestyle a go. All kids, no matter what skill level, can participate as there are no placings given or times kept.

The series is open to kids aged seven to 15 years, with events to be held in capital cities around Australia between February and April 2006.

2006 Sanitarium Weet-Bix Kids TRY-athlon Series Ambassador Brett Lee said 'I've attended the Kids TRY-athlon in recent years and it's

fantastic to watch all the kids — boys and girls, all ages — taking on the challenge, getting active and having a fantastic time.

'Sporting events for kids that are based simply around having fun — and doing some exercise at the same time — are few and far between, which is probably why this event is so popular.'

The Kids TRY-athlon is in its eighth year and the series has now grown to include seven events throughout Australia with nearly 10 000 participants and over 2000 schools represented.

For all entry information and forms, and school prizes, visit www.weetbix.com.au, or call 1800 989 999. Limited spaces are available for each event so register today. Special offers are available for families.



EVENT LOCATIONS AND DATES

City	Location	Event date	Registration closing date
Melbourne	Catani Gardens, St Kilda	12 February 2006	3 February 2006
Sydney	Olympic Park	19 February 2006	10 February 2006
Canberra	AIS, Bruce	26 February 2006	17 February 2006
Hobart	Long Beach, Sandy Bay	5 March 2006	24 February 2006
Adelaide	Midcourse Reserve, West Lakes	12 March 2006	3 March 2006
Brisbane	South Bank Parklands	19 March 2006	10 March 2006
Perth	Langley Park, East Perth	09 April 2006	31 March 2006