



# HEALTHY LODDON CAMPASPE HEALTHY SCHOOLS PROJECT



**The HLC Healthy Schools Project is designed to support schools to create healthy food and drink environments, and encourage physical activity.**

Participating schools choose from a variety of project options that are tailored to their specific needs, with the goal of creating supportive environments where healthy habits can thrive.

To deliver the Healthy Schools Project across the six Local Government Areas, HLC prioritises schools in areas facing higher levels of disadvantage.

After undertaking a personalised needs assessment with each school, staff and students are invited to share their ideas to help shape the project at their school. Local partners and health services also support the delivery of the project locally.

Project objectives are then determined based on school requirements and capabilities.



## OBJECTIVES INCLUDE

Improve students' knowledge and access to resources about healthy eating and physical activity.

Increase healthy food and drink options in the school.

Increase students' confidence and skills in growing and cooking healthy food.

Improve infrastructure and activation to enable active travel to and from school

Increase confidence and skills to be physically active across the school day



The Healthy Loddon Campaspe Initiative is supported by the Victorian State Government



## HOW HAVE WE WORKED WITH SCHOOLS?

The Healthy Schools Project works with schools where they're at, shaped by their own needs and priorities. This has led to the creation and delivery of a wide variety of interventions including:

-  Installation of new school kitchen gardens
-  Upgrades to current school kitchen gardens
-  Stephanie Alexander Kitchen Garden Program memberships
-  Seedlings, fruit trees and garden equipment
-  Cooking classes and workshops
-  Kitchen and cooking equipment
-  Implementation of healthy canteen options
-  Influenced and implemented school healthy eating policies
-  Creation of healthy recipe and growing resources
-  Installation of outdoor seating spaces to encourage shared eating experiences
-  Growing workshops
-  Educator and staff upskilling
-  Support with Vic Kids Eat Well registration
-  Bike safety skills and education
-  Bike racks and repair stations
-  Walking paths and loops to promote active travel
-  Active travel to school mapping
-  Support to apply for funding grants
-  Indigenous food and growing workshops
-  Worm farms
-  Watering systems for kitchen gardens

## OUTCOMES TO DATE

**FOLLOWING PARTICIPATION IN THE HLC HEALTHY SCHOOLS PROJECT THERE HAS BEEN A:**

**10%** increase in students' knowledge of healthy eating

**7%** increase in students' confidence in eating healthy foods

**14%** increase in students' knowledge about physical activity

**14%** increase in students' confidence to be physically active



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## THE STATS

7134

School students impacted by the project

23

School kitchen gardens installed or upgraded

8

Active travel maps and paths created

39

Schools engaged across six LGAs

18

Stephanie Alexander Kitchen Garden Program memberships

8

Schools implemented bike safety skills workshops

30

Towns or suburbs impacted by the project

18

Educator upskilling sessions conducted

5

School healthy eating policies influenced

## THE FEEDBACK



(I've noticed a)... greater amount of whole foods in students lunchboxes.  
- Educator, Campaspe Shire

A wonderful opportunity for our students to become more involved in "grass roots" of Healthy Eating. The students are more engaged in the learning and motivated by hands on activities. - Educator, Macedon Ranges Shire

The project supported opportunities for continued growth in our promotion of physical activity at the College and curriculum links with the provision of garden beds for growing of nutritious food options and education for our students. - Educator, Loddon Shire

The bike maintenance station will provide a site for students to utilise into the future. It has encouraged more students to ride to school. - Educator, Campaspe Shire

Was a great hands-on experience for the students. It was great that they were able to take things home in order to continue their experience/learning. - Educator, Greater Bendigo

We appreciate the support to assist our College with improving access to equipment that we traditionally cant afford. - Educator, Campaspe Shire

I took the recipe home and I cooked it with my family. - Student, Campaspe Shire

The cooking classes are fun because you get to learn how to cook new things with your friends.  
- Student, Greater Bendigo



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