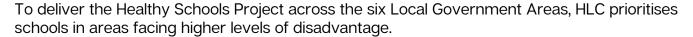


HEALTHY LODDON CAMPASPE HEALTHY SCHOOLS PROJECT

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.



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.

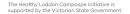
Increase students' confidence and skills in growing and cooking healthy food.

Improve infrastructure and activation to enable active travel to and from school Increase confidence and skills to be physically active across the school day











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



MAN 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:



increase in students' knowledge of healthy eating



increase in students' confidence in eating healthy foods



increase in students' knowledge about physical activity



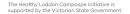
increase in students' confidence to be physically active













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



Schools implemented bike safety skills workshops

30

Towns or suburbs impacted by the project

18

Educator upskilling sessions conducted



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









