

Educators Newsletter

March 2011

Editor's notes

Welcome to the first edition of the PGR Educators Newsletter for 2011.

In this issue you will find:

- Updates on the PGR program
- Results of the NaSSDA study
- Information on the 2011 PGR program evaluation
- Training dates for 2011

PGR Resources Updated Manual

The PGR manual has been updated and now includes new additions to Workshops A and C.

Workshop A: Healthy Eating, Healthy Behaviours.

A new topic on food additives has been added to the workshop. Information specific to food additives to help parents understand what they are and are they safe. Includes an updated lesson plan, educator's notes, PowerPoint and handout.

Workshop C: Cooking and Tasting

Two new activities specific to healthy school lunch boxes have been added. Helping parents get organised for school lunches and what should be in a healthy lunch box.

Your FREE copy of the updated manual can be accessed through the new PGR website.

www.pgrprogram.com.au

Check the website regularly for any updated PGR resources

NaSSDA 2009-10 snapshot

The National Secondary Students' Diet and Activity survey (NaSSDA) measured adolescents' body weight, and dietary and physical activity behaviour at both a state and national level. Here is a snapshot of the findings:

- Nationally one in four students in years 8 to 11 are overweight or obese.
- Most students are active, but significant proportions (85%) are not engaging in sufficient levels of activity to provide health benefits.
- Adolescents' fruit and vegetable intake remains well below the Australian recommendations.
- Food marketing drives adolescents' decisions to buy food and drink, with many students prompted to try a new food or drink product or request their parents make such a purchase in response to seeing advertising.

Full report available from:

<http://www.cancer.org.au/policy/Publications/NaSSDA.htm>

PGR Evaluation 2011!

The evaluation of the PGR program has commenced. The evaluation will determine the impact on parents' knowledge and attitudes of nutrition and physical activity as well as any action taken towards change.

Lunch box resource: 'Lunch Right Menu Planner' Available to order from Cancer Council via email

education@cancerwa.asn.au

or phone: (08) 9388 4363

This resource contains a different combination of tasty healthy snacks and lunches for the school lunch box.



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PGR is on Facebook!

PGR parents' forum for healthy kids was launched in April 2010 for parents to connect with each other, share ideas about raising healthy children and receive PGR updates. Please promote the forum to your parent groups. Please 'Like' us, Link: www.facebook.com/pages/PGR-Parents-forum-for-healthy-kids/112550622098190

PGR Online Training Coming Soon

Becoming a PGR educator is soon to become even easier. Educator training will be available through the PGR website in 2011. For more information please contact mvolek@cancerwa.asn.au

Training Opportunities for 2011

There will be a training day for all new PGR educators held at the Cancer Council WA on **1st June 2011** 9-3 pm.

A refresher course will be held at the Cancer Council WA Shenton Park office on **6th April 2011** 9-12 pm.

For more information contact Megan Volek: mvolek@cancer.asn.au.

PGR training can also be arranged in the regions (requires minimum 10 people).

Labelling Logic - the Final Report of the Review of Food Labelling Law and Policy:

The report includes 61 recommendations; several are concerned with making it easier for all consumers to understand the healthiness of a product when shopping.

The report highlights the need for a single front of pack labelling system to guide consumers to choose healthier foods. The full report is available from:

<http://www.foodlabellingreview.gov.au>



Everyone has a reason
Raise money for some of the leading charities fighting chronic disease.

The HBF Run for a Reason is your chance to get active and walk, run, jog or stroll your way around the Perth CBD. Held on 22 May 2011.

Start: Nelson Crescent alongside the WACA.

Registration: <http://www.hbfrun.com.au/>



Kick Start to Crunch&Sip®

Cancer Council WA and Diabetes WA is encouraging primary schools to Kick Start Crunch&Sip® at the start of the new school year. Crunch&Sip® is a set break to eat fruit or vegetables and drink water in the classroom, with students re-fueling during the morning or afternoon. There are over 300 certified Crunch&Sip® schools located in WA.

Schools can allocate a week or a few days in term one to trial a Crunch&Sip® break or join the expanding list of certified Crunch&Sip® schools. Certified schools can use this week to re-invigorate the program and promote the benefits of eating fruit and vegetables and drinking water to the school community. A Kick Start to Crunch&Sip® kit is available online, containing lots of strategies to get the Crunch&Sip® message out to students, parents and school staff.

Visit the Kick Start page at: www.crunchandsip.com.au

Mark these dates in your diary!

FOODcents week

2 - 7 May 2011

For more information visit

www.foodcentsprogram.com.au or contact

Sarah Bailiff: sbailiff@cancerwa.asn.au

2011 Healthy Schools Day

Wednesday 25 May 2011

For more information contact The Western Australian Health Promoting Schools Association

<http://www.wahpsa.org.au/>