

## August 2010

### Editor's notes

Welcome to the second edition of the PGR Educators' Newsletter for 2010.

In this issue you will find:

- Healthy weight resource
- 2010 PEACH showcase
- Cancer in schools resource
- Training opportunities
- PGR on Facebook
- CAPANS 2008 snapshot
- Fruit 'n' Veg Week

### PGR Resources

#### *Updated Manual*

The PGR manual has been updated to include the latest CAPANS results. New information has been added to the presentation slides and Educators notes for Workshops A and D.

Your FREE copy of the updated manual can be downloaded from the new PGR website.

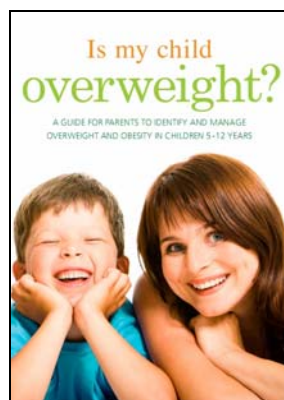
[www.pgrprogram.com.au](http://www.pgrprogram.com.au).

Check the website regularly for updated PGR resources.

### Healthy weight resource

A new guide for parents to identify and manage overweight and obesity in children aged 5-12 years is available for free from

[http://www.dohpackcentre.com.au/D\\_OH/](http://www.dohpackcentre.com.au/D_OH/) or call 1300 518 963.



### 2010 PEACH Showcase

#### Free entry!

If you are a parent, teacher, health professional or school health nurse, come to this event!

#### LISTEN TO INSPIRING PRESENTATIONS.

Renowned dietitian Glenn Cardwell will talk about Food Myths and Tips - increase your nutrition IQ!

**Tuesday 14<sup>th</sup> September**

**9:00 am - 12:30 pm**

**Venue:** Craigie Leisure Centre  
Whitfords Ave, Craigie

Free morning tea and lunch included

**RSVP** by Friday 10<sup>th</sup> September

**Contact:** Amy on 0410 214 626

[amy\\_fairburn@bigpond.com](mailto:amy_fairburn@bigpond.com)

### School resource-

#### *Cancer in the School Community.*

*Cancer in the School Community* aims to assist staff to better support students, parents and colleagues with cancer. The resource provides information and tools to understand and respond to issues that arise when someone in the school community is affected by cancer. Visit <http://www.cancerwa.asn.au/resources/2010-07-13-Cancer-in-the-School-Community.pdf> to download a copy.

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

[education@cancerwa.asn.au](mailto:education@cancerwa.asn.au) or phone: (08) 9388 4363



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### PGR is now on Facebook!

PGR parents' forum for healthy kids was launched in April 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](http://www.facebook.com/pages/PGR-Parents-forum-for-healthy-kids/112550622098190)

[www.facebook.com/pages/PGR-Parents-forum-for-healthy-kids/112550622098190](http://www.facebook.com/pages/PGR-Parents-forum-for-healthy-kids/112550622098190)

### The Parents Jury on Facebook

Parents Jury is an online network of parents, grandparents and guardians, who want to have their say, and collectively advocate for healthier food and physical activity environments for Australian children. Please 'Like' us, link:

<http://www.facebook.com/pages/The-Parents-Jury/111753535541539?v=wall#!/pages/The-Parents-Jury/111753535541539?v=wall>

### Training Opportunities for 2010

A training day for all new PGR educators is being held at Cancer Council WA:

**Tuesday 21<sup>st</sup> September 2010, 9-3pm.**

Register with Megan Volek

[mvolek@cancer.asn.au](mailto:mvolek@cancer.asn.au)

***PGR training can also be arranged in your region (requires minimum 10 people).***



### Celebrate Fruit 'n' Veg Week!

**Schools Fruit 'n' Veg Week  
20<sup>th</sup> Birthday Celebration**

**6-10 September 2010.**

This year there are a number of exciting initiatives for schools, canteens and classrooms, including **FREE** resources, competitions, events and fruit 'n' veg grants! Why not have a School Fruit 'n' Veg Lunch or a Fruit 'n' Veg Staff Morning Tea? For further details visit [www.fruitnvegweek.health.wa.gov.au](http://www.fruitnvegweek.health.wa.gov.au)

**PGR Educators Newsletter**

### New PGR resources

Free new merchandise is now available to order for your workshops:

- magnets
- balloons
- workshop posters
- shopping pads

Contact Megan Volek or visit

[www.pgrprogram.com.au](http://www.pgrprogram.com.au) for an order form.

### CAPANS 2008 snapshot

CAPANS is a survey that measures physical activity levels and nutrition behaviours in Western Australian children and adolescents. Here is a snapshot of the findings:

- About one in four children are overweight or obese, a proportion which has remained relatively unchanged since 2003
- Less than half of the school students who participated reported reaching the recommended minimum of 60 minutes physical activity every day
- The majority of school students reported spending more than the recommended maximum of two hours a day in screen-based recreation (TV, computer games etc)
- Overall, only two out of five primary school students and one in four secondary school students reported they usually consume the daily minimum recommended amount of vegetables
- Overall consumption of fruit has increased since 2003, however in secondary schools less than a quarter of boys and less than a third of girls met the dietary guidelines for daily fruit consumption in 2008

Full report available from:

[www.beactive.wa.gov.au/resources\\_research\\_capans.asp](http://www.beactive.wa.gov.au/resources_research_capans.asp)

### Mark these dates in your diary!

**Daffodil Day**

27<sup>th</sup> August 2010

[www.daffodilday.com.au](http://www.daffodilday.com.au)

**Schools Fruit'n'Veg Week**

6-10 September 2010

[www.fruitnvegweek.health.wa.gov.au](http://www.fruitnvegweek.health.wa.gov.au)

Contact Sally Blane [sblane@cancerwa.asn.au](mailto:sblane@cancerwa.asn.au)