

NULLAGINE RCS HEALTHY HEARTS COOKING AND GARDENING PROGRAM



EMMA DAWSON

MY BACKGROUND ...

- 2009 Studied Graduate Diploma in Teaching Primary at Otago University in Dunedin, New Zealand
- 2010-2011 Taught in a Year 1 classroom in a low-socioeconomic area at Randwick Park School in South Auckland; Randwick Park School Health Committee Member
- 2012 My husband and I moved from Auckland to Nullagine to begin teaching at Nullagine RCS

ABOUT NULLAGINE

- Nullagine is a remote town in the East Pilbara, 200km north of Newman and 118km south of Marble Bar
- The roads 100km either side of Nullagine are unsealed and often flood during the wet season (October to April)
- Amenities and services in town include Nullagine Remote Community School, Nullagine Clinic, Police Station, Volunteer Fire Brigade, CRC, Library, Shire Office, General Store, Pub and Roadhouse

NULLAGINE REMOTE COMMUNITY SCHOOL

- We have 45 students who live in the Irrungadji Community and speak Aboriginal English as their second or third language
- There are 3 classrooms: K-2, 3-6 and 7-12
- In the K-2 students begin school at pre-kindergarten (3 years old) and I am lucky enough to have a wonderful EA Peta Asplin who has worked at the school in various roles for 30 years
- The 3-6 students have one classroom teacher Miss Hogan and an AIEO Miss Larissa who is a former student
- The 7-12 students have one classroom teacher Mr Dawson and an AIEO Mr Neil who is also a former student
- Between us the staff have a wealth of knowledge and experience to provide fantastic learning opportunities for our students

EXISTING PROGRAMS AT NULLAGINE REMOTE COMMUNITY SCHOOL

Breakfast and Lunch Program run by Arnida Lawson:

- Students arrive at school at 7am and are provided with a healthy breakfast of Milo, toast and a variety of cereals including Weet-bix, Nutrigrain and Ricebubbles in summer months, and porridge or spaghetti cooler months
- Students have sliced oranges and apples every day for morning tea
- Students have a variety of lunches including, sandwiches and toasties Monday to Thursday and a cooked lunch every Friday
- Breakfast, morning tea and lunches are prepared by our wonderful cook/cleaner and office worker, Arnida Lawson

Foodbank WA Lessons twice yearly:

- Students participate in cooking lessons with Foodbank twice a year, which include cooking simple healthy meals

MY ROLES AT NULLAGINE RCS

As the DOTT Teacher in 2012 I taught Health and PE, SOSE and Music across all three classrooms, and I saw that there was a lack of knowledge around healthy eating and no opportunities for physical activity outside of school hours, so I sought opportunities to make a change in these areas ...

- I applied for a WAHSP grant and trained in AASC at the end of 2012 with the aim of providing opportunities for students, parents and caregivers to learn how to live a healthier lifestyle through cooking, gardening and physical activity
- In 2013 I became the K-3 Classroom teacher and as the Health Coordinator I was awarded Seed Funding and implemented the WAHSP Healthy Hearts Cooking and Gardening Program alongside Active After School Communities Sports Sessions
- In 2014 I applied for and was awarded the Sustainability Grant to continue our WAHSP Healthy Hearts Cooking and Gardening Program and I established a relationship with BC Iron and Your-Patch who added to our existing program through sponsorship to redevelop our existing school gardens and provided 10 Your-Patch Gardening Lessons, including establishing two worm farms and setting up a compost bin

WAHSP HEALTHY HEARTS OBJECTIVES

- To improve students, parents and caregivers knowledge of healthy living by establishing school gardens and harvesting produce to use in school cooking lessons as well as during Healthy Hearts Family Feast Days
- To increase students, parents and caregivers knowledge of preparation of healthy meals through weekly cooking sessions including take-home recipes
- To implement a Family Feast Day at the end of each term, during which students cook a 3-course meal and invite parents and caregivers to participate in a shared lunch to celebrate student successes
- To engage students in physical activity to improve fitness through and attendance through implementation of a walking school bus and Active After School Communities Sports sessions

ACHIEVEMENTS TO DATE ...

2013 Awarded WAHSP Seed Funding Grant:

- Established the Nullagine RCS Healthy Hearts School Committee
- Purchased equipment to plant school gardens
- Purchased ingredients and cooking equipment to begin weekly cooking sessions
- Implemented a walking school bus, which became unnecessary as students began walking themselves to school on time
- Implemented AASC sports sessions 3 days a week for 7 weeks each term to encourage participation in physical activity outside of school hours
- Began holding Family Feast Days at the end of every term which parents always attend and thoroughly enjoyed; a recipe book (including all of the recipes students had cooked and photos of students cooking) was available for parents and caregivers to take home

Partnership with Newcrest Telfer Mine:

- Newcrest provide our students with a variety of sports coaching clinics, including bringing professional athletes to school to help run clinics and engage the students in physical activity

ACHIEVEMENTS CONTINUED ...

2014 Awarded WAHSP Sustainability Grant:

- Continued Healthy Hearts weekly cooking sessions
- Continued Healthy Hearts Family Feast Days at the end of every term
- Continued Active After School Communities Sports Sessions

Partnership with Fair Game:

- Fair Game is a volunteer not-for-profit organisation who visit remote schools every term
- Fair Game provide healthy living lessons including body health, nutrition and physical activity
- Fair Game supported us with volunteer marshalls and prize donations when we held our first ever Nullagine RCS Cross Country Run

ACHIEVEMENTS CONTINUED ...

Partnership with BC Iron and Your-Patch Organic Edible Gardens:

- BC Iron redeveloped our existing school gardens and students were involved in planting manure crops to create healthy garden beds before planting a variety of vegetables which were used in weekly cooking sessions
- BC Iron funded Your-Patch educators Tim and Grahame Woodard who came to Nullagine RCS and taught 10 gardening sessions throughout the year, including implementation of two worm-farms (which students helped to build) and a compost bin.

ACHIEVEMENTS CONTINUED ...

2015 Awarded WAHSP Grant and continued partnership with BC Iron and Your-Patch:

- Continue Healthy Hearts weekly cooking sessions
- Continue Healthy Hearts Family Feast Days at the end of every term
- Re-plant Healthy Hearts School Gardens
- Continue maintenance of Worm Farms and Composting

OUTCOMES

- Students, parents and caregivers are able to identify a range of vegetables and are now eating foods they wouldn't usually have cooked with or tried before
- Students, parents and caregivers are more confident to try healthy foods with fresh ingredients
- Students can accurately measure ingredients and follow recipes to prepare and cook healthy meals
- Students are making healthier options when purchasing snacks and treats at the general store
- Students know how to plant seeds correctly to ensure optimal growth and can differentiate between weeds and produce
- Students are learning how and when to harvest produce

WHERE TO NEXT???

- Continue partnership with WAHSP, BC Iron and Your-Patch to maintain our school gardens, worm-farms and composting
- Plant fruit trees around the school perimeter
- Purchase a shade house to begin seed propagation in preparation for our 2016 gardens
- Continue partnerships with Foodbank, Fair Game and Waste Wise to provide further opportunities to engage students in healthy lifestyle lessons, nutrition and physical activity
- Apply for a Waste Wise Grant to begin a Healthy Hearts Recycling Program

QUESTIONS???

THANK YOU FOR LISTENING

