

# Re-imagining health education



**@schoolingfood**  
**@deanaleahy**

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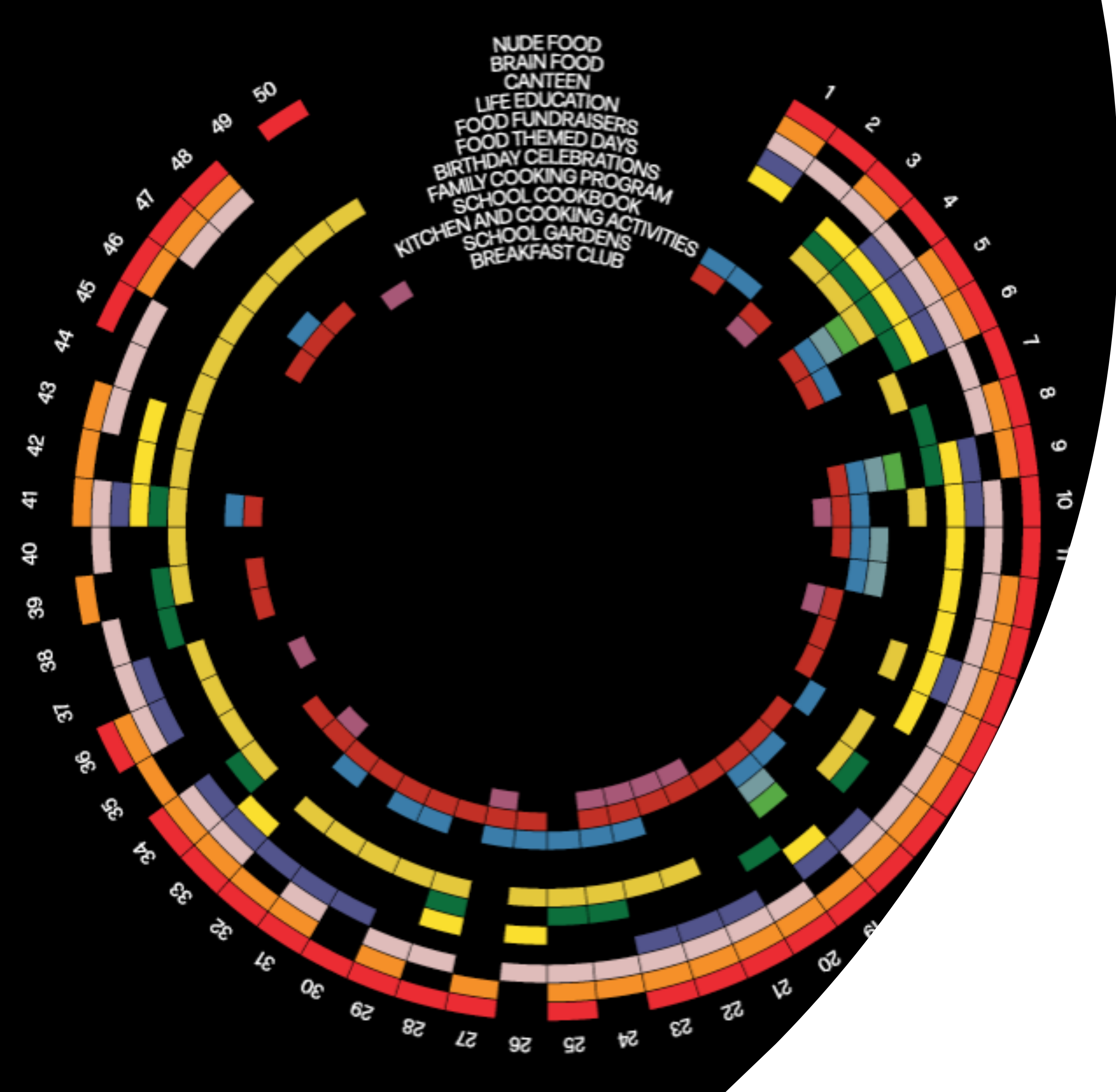
# **In today's presentation I will**

- **Share with you some of the work I have been doing in the field of health education over the last little while**
  - **Schooling Food**
  - **Little Food Festival**
  - **Kids co-designing healthy places**

## Schooling Food - An exhibition







# School food programs





#### A MULTITASKER DEBUTS

Children like running up to school with food in their pockets or hands. For Emily, this was Emily's lunchbox. Emily's mother packed it up and sent her to her classroom. Emily noticed her mother's mistake as soon as she opened her lunchbox. She had put the whole lunch in the schoolbag and saved the afternoon meal for the school garden. We kept several stories like Emily's from other children and families.

#### AFTERNOON SNACKS

Food and drink were a staple of school life. Many children brought their own food to school. Some brought their own lunch, while others brought their own afternoon snack. Some brought their own drink, while others brought their own drink. Some brought their own drink, while others brought their own drink. Some brought their own drink, while others brought their own drink.









# Preparing Lunch

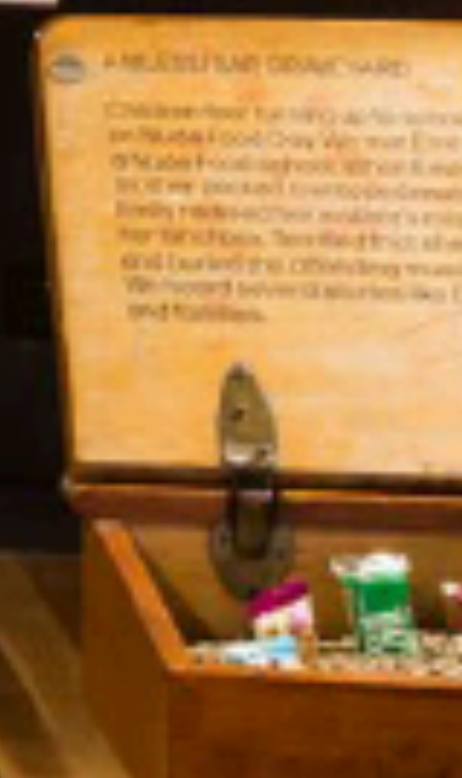


# Eating lunch and school food rules

NO SHARING

NO TALKING  
WHILE EATING

10 MINUTES TO  
EAT YOUR LUNCH





25-26 SEPTEMBER

**LITTLE  
FOOD  
FESTIVAL**

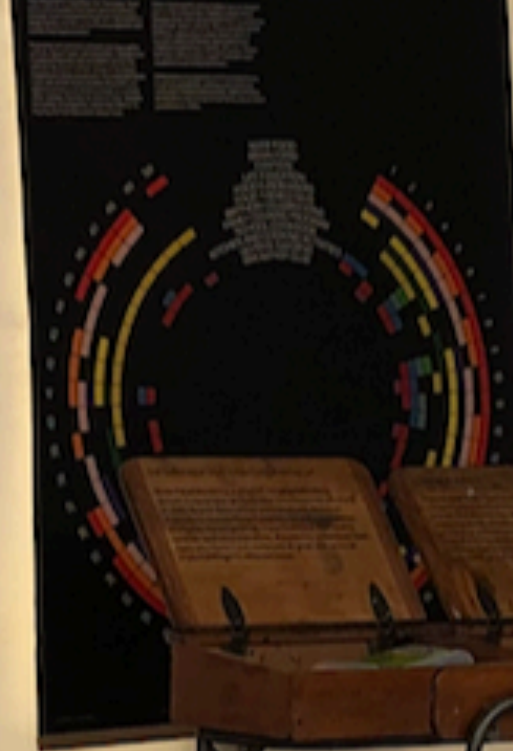
FEDERATION SQUARE







### THE MANY WAYS SCHOOLS DO FOOD



### METHODOLOGY OVERVIEW



**MY SCHOOL FOOD WALLS**  
What is a school food wall?  
A school food wall is a display of food items that are available in the school canteen. It is a visual representation of the school's food offerings and is used to promote healthy eating and to provide information about the school's food program.

**SCHOOLING FOOD AN EXHIBITION**  
The Australian Research Centre for Physical Activity and Sedentary Behaviour (ARC-PASB) is pleased to announce the launch of the Schooling Food exhibition. This exhibition is a collaborative effort between ARC-PASB and the Australian Government Department of Education and Training (DET). The exhibition is designed to provide information about the current state of school food in Australia and to highlight the role of schools in promoting healthy eating. The exhibition is available in both print and digital formats and is suitable for use in schools, community centers, and other public spaces. For more information, please visit the ARC-PASB website at [www.arc-pasb.org.au](http://www.arc-pasb.org.au).

**ABOUT OUR RESEARCH**  
The Australian Research Centre for Physical Activity and Sedentary Behaviour (ARC-PASB) is a leading research center in Australia. We are committed to providing high-quality research and evidence-based information to support the development of healthy and active communities. Our research focuses on the physical activity and sedentary behavior of children and young people, and the role of schools in promoting healthy eating and physical activity. We are currently conducting a large-scale research project on school food in Australia, which will provide valuable insights into the current state of school food and the role of schools in promoting healthy eating.

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- [2020 LFF](https://fedsquare.com/events/minecraft-challenge) Minecraft Edu Challenge - Build a food sustainable world

<https://fedsquare.com/events/minecraft-challenge>

- Canteens
- Local markets
- Supermarkets
- Sports fields
- Unused public spaces
- Cinemas
- Schools

## MINECRAFT EDUCATION CHALLENGE

Sustainable September

### DATES

Add To Calendar

Share

### ACCESS

Lift access

Wheelchair accessible

More info

### GETTING THERE

Parking at Fed Square

Public Transport

### DIRECTIONS

Driving

By PT

Cycling

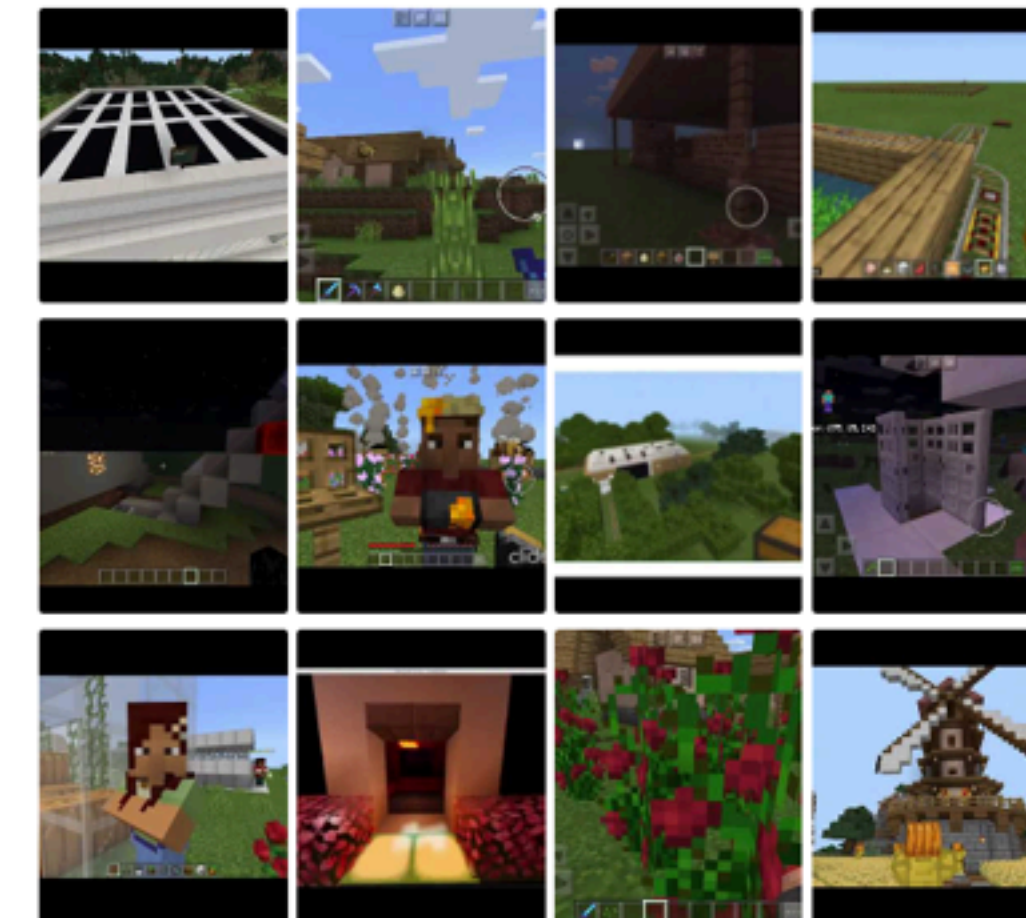
Walking

Kids, don't miss the chance to let your creativity flourish this Sustainable September and create your very own mini-Minecraft world from the ground up! This could be your local supermarket, school canteen, park, sports club or your own backyard.

The most creative food sustainable world will win a \$100 gift voucher from [Readings](#) and runners up will win a copy of Alice Zaslavsky's soon to be released new book, [In Praise of Veg](#).

Students from all over Australia can enter independently or as a collaborative team. Winners will be announced at [The Little Food Festival](#) on 30 September at 12:00pm and published right here on this page. They'll also be featured on Fed Square's Digital façade.

Entries are now closed. Check out some of the incredible submissions below!





Position: -108, 4, -199  
Agent Pos: -104, 4, -208



clideo.com



# Jonathon 11





# Educationally speaking

## The Victorian Minecraft Edu Food Sustainable World Challenge

- Builds (critical) health literacies (including numeracy - spatial reasoning) and critical inquiry
  - Both are key ideas in the HPE curriculum that should inform teaching and learning in health education
- Digital literacies
- Literacy (English)
- STEM
- Humanities including - civics and citizenship, geography
- Cross curriculum priority - sustainability
- General capabilities - personal and social capabilities
- Student voice, assessment, authentic problems require authentic learning, problem solving, decision making, communication

Nb: more needs to be done with the current clips to realise the above educative claims and for it to be co-design



# Some feedback from parents/kids

Just wanted to provide feedback for the Minecraft Competition on Sustainable food. My children loved this!! They researched and brainstormed ideas for their local community and are even thinking of sending to their council to promote some of their ideas. Please keep running awesome competitions for our children. Thanks

Fantastic. Austin is wrapped. We've been looking at the website and I just noticed the email! Thanks for a great competition. Austin (and his brother Eamon who also entered) learnt a lot going through the process of putting this together.

Much thanks for letting us know.  
We'll pass that onto Samuel.  
And thank you for such a great initiative and such an awesome opportunity for Samuel.

Thank you so much for your email - we have two very excited children here! They had a wonderful time with the Minecraft Challenge and we are so proud of them. A big thanks to Monash University for hosting the event.

Thank you for your email. We were watching the live announcement and jumped with joy when we heard our names mentioned. We had a lot of fun working as a team, planning our community garden and filming it. It certainly made the time fly faster when we are on our school holidays and not able to have playdates. Thank you for organising the challenge.



# Kids co-designing healthy places

## Background to our new VicHealth project

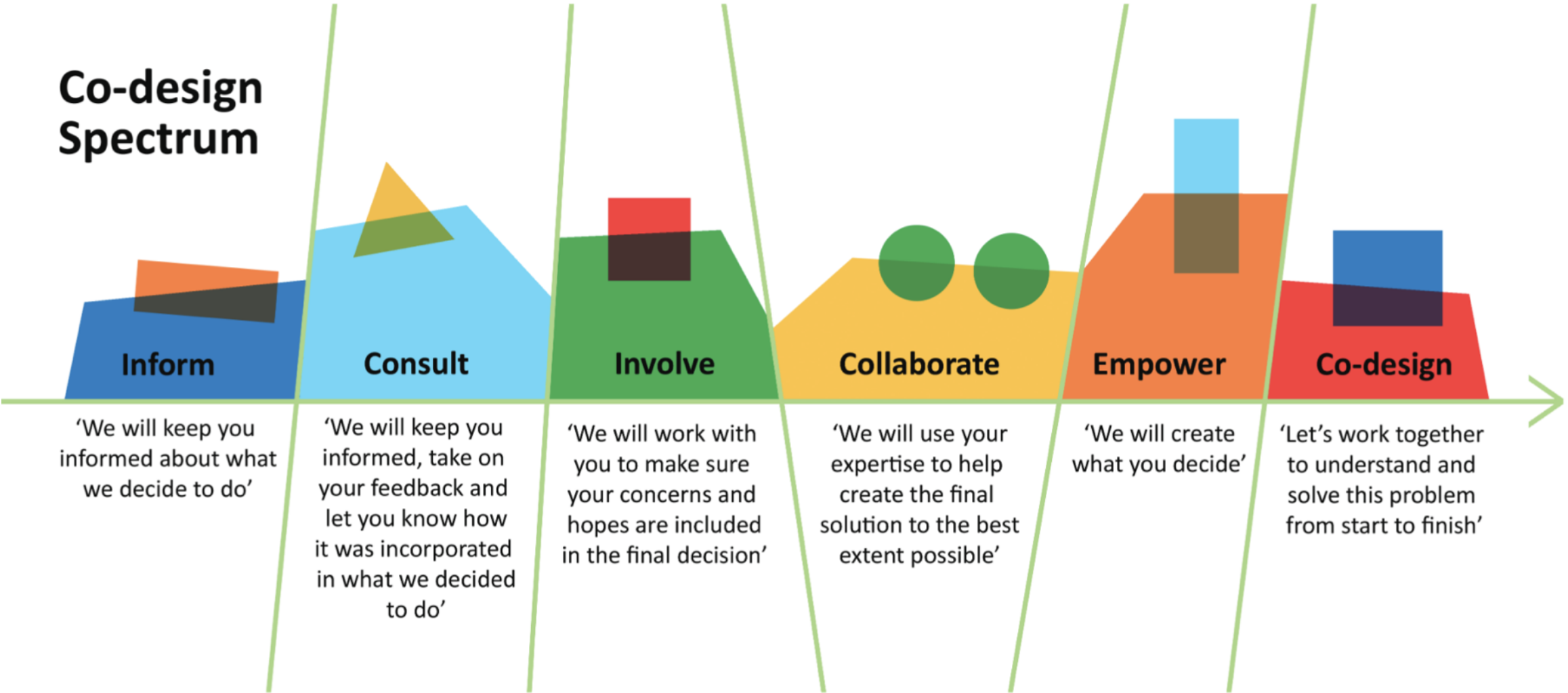
### Why co-design?

- Its a 'new' approach that builds on a long tradition of participatory approaches in the fields of education and health
  - Youth voice / student voice
- It is a collaborative design approach that enables community stakeholders and experts to co-identify a design problem and iteratively design a solution to that problem
  - Reflects the needs and expertise of all involved
  - People-ing policy (a way of responding to the problem of policy slippage/lack of uptake)
  - People who are experiencing the 'problem' solve the 'problem'
    - Lived experience lends itself to more innovative and effective solutions
    - It is both popular and ambitious and the evidence base is building
      - Significant potential for building health literacies and active food citizenship



# Principles of Co-design

- 1 Experience**  
Co-design is a process and a mindset not an event.
- 2 Equality**  
Co-design is about bringing those with lived experience and those technical expertise together, on equal footing.
- 3 Empathy**  
The more you connect with the problem, the more innovative and effective your solutions will be.
- 4 Embrace ambiguity**  
Get comfortable with the uncomfortable, unknown nature of co-design. Trust in the process.
- 5 Experiment**  
Approach your solutions like experiments, if you're not prepared to be wrong, you're not prepared to innovate. Test, learn and iterate.





# A work in progress

**VicHealth**

The purpose of this project is to develop a web-based tool kit that will support councils to partner with kids to co-design solutions and action plans that are intended to create healthier local environments

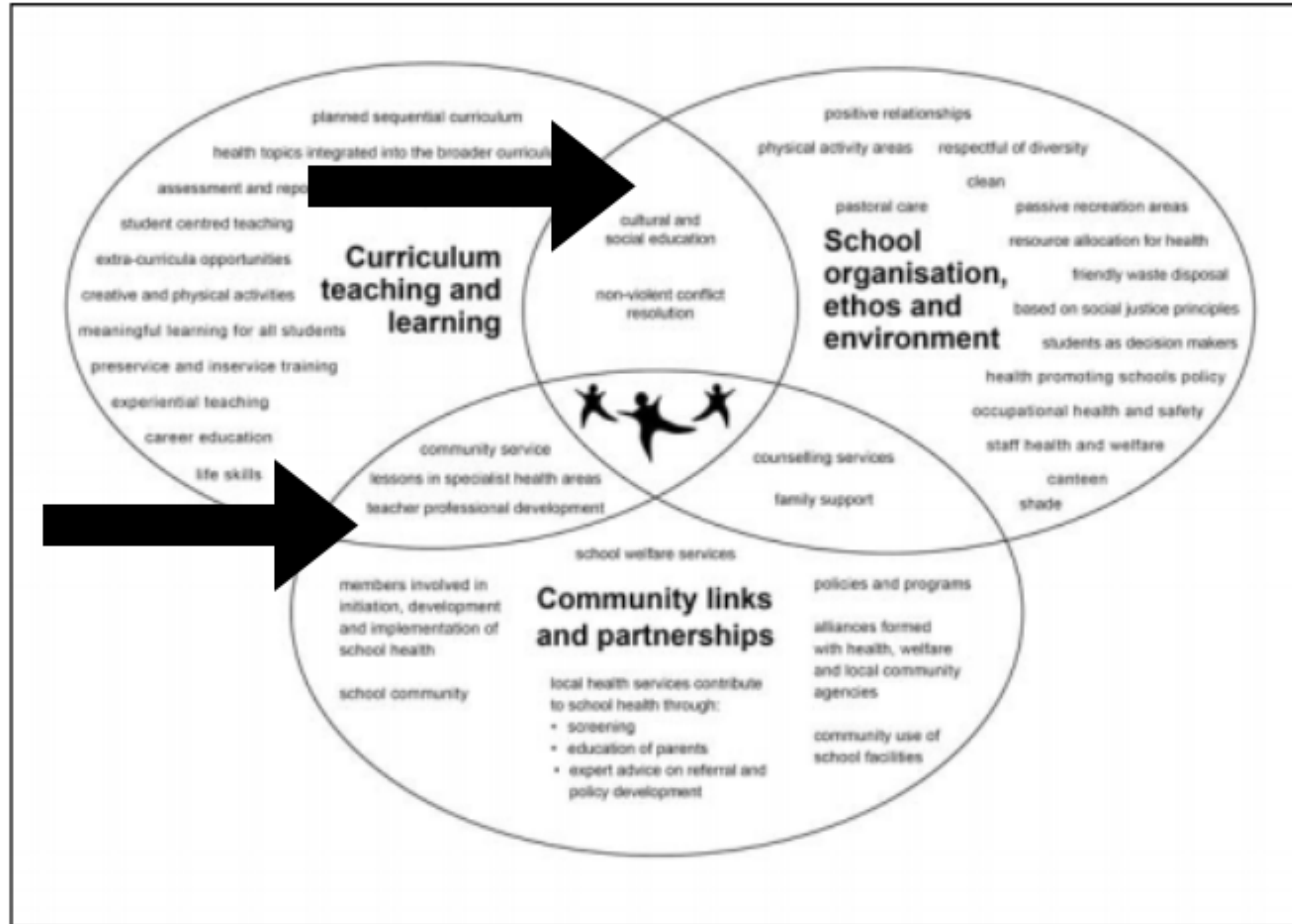
The kids co-design process, priorities, solutions and action plan form part of council's local engagement strategy and ideally should inform the development of the Municipal Public Health and Wellbeing Plans (4 year cycle - next plan due Sept 2021)

We are encouraging councils to partner with early childhood centres and schools to embed the co-design model in their curriculum - student assessment tied to generation of audit data, analysis and co-designed recommendations for improving physical and social environments



# Health promoting schools

Learning connects with school/community environments





# Our Model



**Phase 1:**  
Learning about  
how local  
environments  
shape health

**Phase 2:**  
Auditing the local  
environment

**Phase 3:**  
Workshop-  
Co-designing  
healthy  
environments



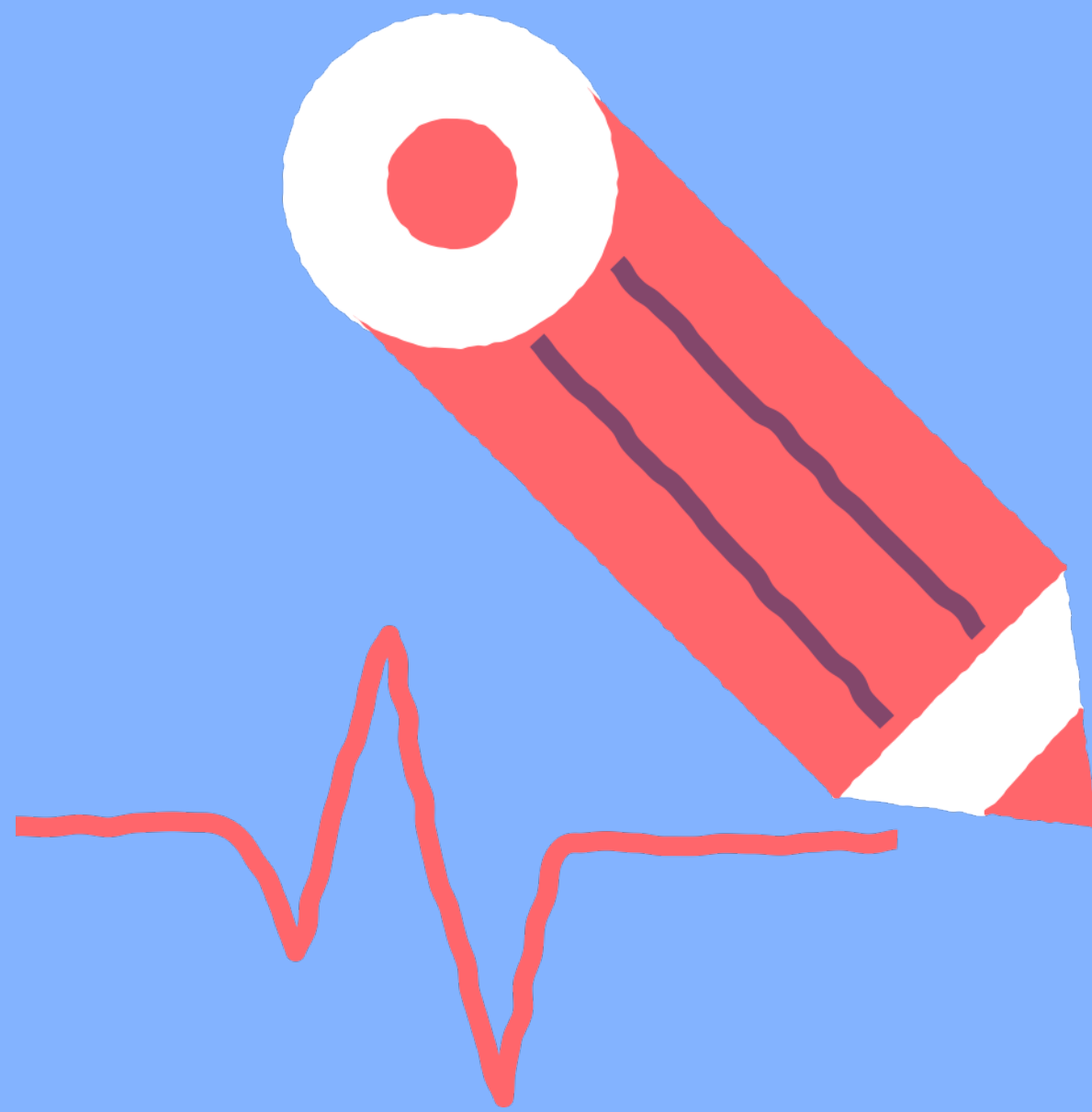
Phase 1:  
Introduction (user = kid)

## Introduction to the task

Purpose and what the kids will be doing  
and why

Kids will watch an animation (up to 2 minutes)  
that will aim to develop key understandings  
about how physical and social environments  
shape healthy eating and physical activity

Need to build requisite health literacies/numeracies





## Phase 2: Audits (user = council)

Purpose – generate data about local environments from kids perspective

Rapid Audit (drawing, photo or meme)

Digital photo story / visual methods (digital story up to 2 minutes)

Survey (kid friendly)

Councils can select to use one or all of the audit tools (this could be part of municipal scan)

Each tool will have their own unique web link and can be embedded in social media for example

Councils will be able to adapt instructions to suit their unique needs

For example rapid audit – photo / annotation can be submitted via sms or emailed









**My local park is rubbish**



**Big tick  
from me**



<https://www.facebook.com/charlieandme>





**Go out and play  
they said**



Phase 3: Co-design  
Workshop (user councils)

- Instructions for preparing for and running a co-design workshop with kids + downloadable kid friendly resources
- Begins with kids being presented with visual data and survey data
- Possibility of supplementing with other data councils have collected
- Group data collation, analysis and discussion
- Culminating activities that support kids/council workers to develop a suite of co-designed recommended solutions for creating healthier places.



- It is interdisciplinary
- Needs curriculum time
- It is driven by educational imperatives
- It is assessed
- It is meaningful

# Final reflections on what quality health education is...