

Get a
TASTE
of this!

Portland District Health



“Get A Taste Of This!”

Children’s Health Promotion Initiative

Portland District Health delivering services to:

- All 14 Primary Schools in the Glenelg Shire
- Every student from grades prep to 6 receives free fruit & veg
- 285 Grade 5 students participate in Sporting Clubs Expo once a term
- Free fruit trees, resources, education sessions

Need For The Project

- Primary Schools in Glenelg had been participating in “**Kids – Go For Your Life**” and wanted another challenge.
- Concern about increasing obesity rates in the Glenelg Shire
- ‘Think Tank’ came up with the idea of *Get A Taste Of This!* based on the KGFYL program, health promoting schools framework and evidence-based studies

Strategies Used To Engage

- Schools needed to a member of the “**Kids - Go For Your Life**” program to be able to participate in the free *Get A Taste Of This!* project.
- The Glenelg Healthy Schools Network act as a support for the schools to obtain their Award
- Attendance at copious amounts of meetings!
 - Principal’s Network meetings, Welfare Support Network, staff meetings, sporting club meetings, Council meetings.....anyone that would listen

Challenges and Barriers

- Funding
 - Change of Government, delay in receiving funds
- Teaching Principals
 - Competing for their time
- Some communication issues
 - Bus company miscommunication
 - Not everyone checks emails



Lessons Learnt

- Use a mix of communication techniques:
 - mail, email, phone call, face to face.
- Have multiple contacts at each school
- Huge coordination effort for the Expos from timetabling the pick-up and drop-off of students, venue access, club participation, promotion of club via fliers to every child.

Positive Outcomes

- The Special Development School participates in all Expos, education sessions and activities.
- The establishment of fruit and vegetable gardens in all schools.
- All schools are signed up to *GATOT*, thus also for the **KGFYL** program.
- Funding from Portland Aluminium for the printing of “**The Well**” children’s health promotion newsletter.
- Partnerships with Secondary Schools to allow year 10 and 11 students to assist with running of club activities at the Expos

Was the Program Sustainable?

- For the next two years, the **GATOT** program has ongoing funding. Once funding ceases, the schools will still be *KGFYL* Award Schools
- Healthy school policies are in place in all Award Schools
- Partnerships built between the schools and clubs will continue
- Skills learnt from participation in sporting clubs will last a lifetime
- Many children have joined a sporting club as a result of the **GATOT** program
- Fruit trees will be looked after by successive generations

Was The Program Formed Into Policy?

- To be in the **GATOT** program, schools had to be *KGFYL* members
 - *KGFYL* includes sustainable policies around healthy eating and physical activity
 - Based on the Health Promoting Schools Framework



Future Plans....

- Recommendations will be made after the 2009 Evaluation
- Pathways to identify children who for financial reasons cannot participate in club activities outside of school hours to be able to tap into funds to support them in partnership with local clubs (uniforms, equipment, transport etc)
- Second hand sports equipment/uniform pool to further assist families
 - Many clubs and families have old equipment their children have out grown - this would be the perfect place to recycle and let someone else have the opportunity to participate.

Further Information?

- Please contact project worker

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