Kids – ‘Go for your life’ and Diabetes Australia – Vic are promoting the benefit of a healthy lifestyle to help prevent type 2 diabetes in children. All Victorian primary school children will be asked to make a pledge to Turn off, Switch to Play on World Diabetes Day, Wednesday 14 November 2007.

Those pledging to Turn Off, Switch to Play are the students and teachers from Fitzroy Primary School. The students will celebrate World Diabetes Day by pledging to turn off their TVs and switch to play by hosting the first Great Hula Hoop Challenge at lunchtime (1.00pm – 2.00pm) in the courtyard.

The global symbol of diabetes – the blue ring – will be represented in the activity by the blue hula-hoops the students will use in the challenge.

The theme for World Diabetes Day 2007 and 2008 is Diabetes in Children and Adolescents. As more and more children are becoming overweight and inactive, type 2 diabetes is increasingly being diagnosed in young adults and children. Type 2 diabetes can be prevented in many cases by maintaining a healthy weight and being physically active.

World Diabetes Day is celebrated worldwide on Wednesday 14 November and brings together millions of people in over 195 countries to raise awareness of diabetes. Over 246 million people are living with diabetes and without concerted action to fight the disease, this figure will reach 380 million within the next 20 years.

For more information on World Diabetes Day visit www.dav.org.au or www.goforyourlife.vic.org.au/kids for a Turn Off, Switch to Play on World Diabetes Day Pledge Form.
A big welcome to all Kids - ‘Go for your life’ members, whether you’re a health professional or representing a service or school.

It has been a busy couple of months since the last newsletter. Over 70 health professionals from across Victoria attended the Health Professionals’ Network forum in September to learn about the Kids - ‘Go for your life’ Awards Program and how they might support the Program in their local area. We heard many inspiring stories from services and schools about their achievements and how they have reached Award. Thank you to all those involved on the day, it was certainly a success.

As we move into spring and summer, it becomes a great time to Turn Off, Switch to Play. This is the current healthy message campaign of Kids - ‘Go for your life’ designed to reduce sedentary behaviour levels of children, particularly screen time.

This is an important message for children’s health, not only to reduce sedentary behaviour and promote children to be more active, but also to reduce children’s exposure to the marketing of unhealthy foods and drinks on television and computers. Currently in Australia children are exposed to 12 unhealthy food advertisements an hour. That’s more than most other countries, and can lead to pester power!

The Obesity Policy Coalition, a joint initiative of Diabetes Australia – Vic, The Cancer Council Victoria, WHO Collaborating Centre for Obesity Prevention - Deakin University, and supported by VicHealth, have been advocating to government to ban unhealthy food advertising during children’s television viewing times. We’ll stay tuned for the outcomes of this.

This edition of Kids News is choc-a-bloc full of interesting stories and photos about Kids - ‘Go for your life’ alive and thriving in many neighbourhoods across Victoria.

I hope you enjoy the read.

Dr Suzy Honisett
Kids - ‘Go for your life’ - Manager

A Message from the Manager

Fitness is Fun!

Drawing becoming a bore?? Playing computer games is just the same?? Why not follow Coral Park Primary School’s lead and make fitness fun.

Coral Park Primary School have implemented a ‘Fun and Fitness’ program each morning before school to support the Kids – ‘Go for your life’ healthy messages Turn off, Switch to play and Move, Play and Go.

School Assistant Principal, Gill Gray, and Bill Hains, the Physical Education teacher, sees the students turn off the computers, which were once available to them in the mornings, and switch to play with the ‘Fun and Fitness’ program.

Over 40 students, and a few parents, participate in the program each morning, which starts at 8.30am and runs for 25 minutes. Participants practise their sports skills, hand-eye co-ordination and balance through activities such as basketball, soccer, volleyball, running, aerobics, and badminton.

Since the program’s inception it has maintained its momentum and has seen an increase in participation. Visible improvements in student skills and fitness have been noted by parents and staff involved in the program.

Handy Tips:

Having a qualified PE teacher at school is a valuable asset in getting a fitness program started.

Ensure the school has the ability to provide sufficient equipment, space and staff or volunteers to assist if participant numbers are high.
Sedentary behaviour, or inactivity, is time spent in tasks requiring minimal energy expenditure. There are various types of sedentary behaviour, for example, sedentary behaviour in older children can be productive (e.g. homework, sensible sleeping hours) and non-productive (e.g. electronic games and long, unnecessary sleep-ins).

Screen-based activities including watching television, playing console games, computers and hand-held electronic games, often displace children from participating in active play. These sedentary activities can be associated with a number of different problems including:

• unhealthy food choices and prompts to eat beyond satiety
• inactivity taking priority over times to be active
• insufficient energy expenditure
• displaced time for creative play
• social isolation
• compromised musculoskeletal posture

Frequently guidelines quantify the amount of physical activity children should undertake and outline the limits for sedentary behaviour. Australian guidelines state children aged 5-12 years need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity everyday.

In addition, children aged 5-12 should not spend more than two hours each day using electronic media for entertainment (e.g. computer games, television, internet), particularly during daylight hours.

Currently no guidelines exist in Australia for children under the age of five years. However, the National Association for Sport and Physical Education (NASPE) guidelines from North America provide well reasoned activity recommendations, as shown at the bottom of this page.

In addition to activity, there are also recommendations for screen time. The American Academy of Pediatrics (AAP) recommends no screen time for children under the age of two years.

Children need positive, active opportunities to prevent long periods of unnecessary sedentary time.

Physical activity and active play needs to be encouraged daily to limit children spending too much time engaging in sedentary behaviour. It is important parents, teachers, carers, and children too, look at how much time kids spend in screen-based activities and **Turn Off, and Switch to Play** every day!

### NASPE guidelines- physical activity for toddlers and pre-schoolers

<table>
<thead>
<tr>
<th>Structured Physical Activity (daily)</th>
<th>Unstructured Physical Activity (daily)</th>
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</thead>
<tbody>
<tr>
<td>Toddlers</td>
<td>At least 30 minutes</td>
</tr>
<tr>
<td>Pre-schoolers</td>
<td>At least 60 minutes</td>
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</tbody>
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N.B: Structured activity is usually organised, it may have rules and fixed structures such as time, space, equipment or adult leader/instructor, (e.g. play groups or swim lessons). Unstructured activity is less restricted and can include playing alone or with friends, going for a walk or playing at a park.

Research for the Kids - ‘Go for your life’ ‘Turn Off, Switch to Play’ campaign supplied by Filling the Gaps - The Royal Children’s Hospital, Murdoch Children’s Research Institute, Centre of Physical Activity Across the Lifespan (CoPAA), Australian Catholic University, Melbourne.
When Marina Gavalas asked the children of Catjump Preschool in Doncaster East during circle time what could they do instead of watching television or playing on the computer that would help their bodies grow strong and healthy, she was inundated with wonderful suggestions.

Children spoke about activities they would like to do more often instead of watching television such as kick the footy with Dad, play in the park, jump on the trampoline or ride bikes.

“I wanted the kids to refocus their attention from screen-based activities towards healthier activities they could incorporate at home with their families. All the kids spoke positively about turning off screen-based activities and switching to play. I believe the discussion definitely made screen time appear less attractive,” said Marina.

After circle time the children had their ideas recorded and then drew pictures of their responses. The completed drawings are now displayed in the Preschool, and can be borrowed through the library to have at home with families and friends as a reminder to Turn Off, Switch to Play.
Kicking Goals

“Being physically active is not only good for you, it can also be fun. You don’t have to play organised sport to stay healthy - walking, running or cycling are also great ways to keep active. As a kid I remember spending most of my spare time playing games outside with my friends. It’s much more fun than sitting in front of a television.”

Essendon Football Club captain Matthew Lloyd encourages the children from Isabel Henderson Kindergarten to Turn Off and Switch to Play.

Walk-About

How do you obtain the Kids - ‘Go for your life’ Stride and Ride icon? Walk around Australia of course!

The challenge set by students and staff from Lara Lake Primary School was to walk approximately 11,000 kilometers - the perimeter of Australia. With a new walking track around the outside of the school oval, teachers and students recorded the number of laps they completed each week. Updates of the schools achievement were given each week at assembly.

A map of Australia was used to plot the school’s achievements and highlighted the number of kilometers covered each week. The challenge was very successful in encouraging students and staff to be active and promote the benefits of exercise. Many teachers used the challenge to energise students between class activities.

Great work Lara Lake…don’t forget to send us a postcard!

For more inspiring stories and ideas on how you can achieve your school’s Kids - ‘Go for your life’ Award icons check out the Fun ‘n’ Healthy Ideas in your Starter Pack or visit www.goforyourlife.vic.org.au/kids

Matthew Lloyd with Minister Browyn Pike and the kids from Isabel Henderson Kindergarten.
Nepean Special School in Seaford celebrated becoming a member of Kids – ‘Go for your life’ by decorating the school in an array of blue balloons and streamers. Staff and students also dressed in blue to get right into the spirit of Tap into Water.

Children and staff also got physical with a walk around the school, and a pit stop at the gymnasium for a dance session. After working up a sweat, each child received a Tap into Water water bottle to quench their thirst, along with Kids – ‘Go for your life’ stickers.

The day was a success with students taking to their water bottles right away, with some students drinking tap water for the very first time.

Don’t forget to keep your school tapping into water!

Visit www.goforyourlife.vic.org.au/kids for more inspiring stories and ideas on how you can achieve your school’s Kids - ‘Go for your life’ Award icons, or check out the Fun ‘n’ Healthy Ideas in your Starter Pack.
The Aldercourt Primary School canteen has taken steps to provide healthier food choices for the children – by going green!

Since the school attended the ‘Go for your life’ Healthy Canteens workshop in March, a new menu has been introduced to include:

- **More Green** – Every day options
- **Less Amber** – Select Carefully foods
- **Less Red** – Occasionally foods

It is out with icy poles, lollies and instant noodle soup and in with fruit skewers, celery sticks and salad bowls at Aldercourt Primary School.

The school doesn’t do things by halves, and is currently planning where to put its herb garden. The garden is designed to get kids involved and educate them about how food is grown and the importance of healthy eating.

The canteen plans to use the herbs in their cooking, which the students are excited about.

It is not only the canteen making positive changes, it is happening throughout the school with teachers supporting the Kids – ‘Go for your life’ message by cutting up fruit the children can eat during class.

Turn your school green too! Find out more on how your school canteen can support the Kids – ‘Go for your life’ Award icons - Plant Fruit and Veg in Your Lunchbox, and Limit ‘Occasionally’ Foods.

Contact the ‘Go for your life’ Healthy Canteen Advisory Service on 1300 854 554, or visit www.goforyourlife.vic.gov.au/canteens.

For more information visit www.goforyourlife.vic.org.au/kids or call 1300 739 899.

Altona Kindergarten is committed to creating healthier children and is working hard to receive a Kids – ‘Go for your life’ Award by undertaking initiatives to promote physical activity and healthy eating in children at their service.

The kindergarten has constructed a vegetable garden complete with scarecrow, so the children can watch the fruit and vegetables they eat grow. The service ensures the children have a diverse selection of fruit every day, and have embraced healthy fundraising ideas instead of selling chocolates. The kindergarten is also planning a day to celebrate foods from all over the world.

Plant fruit and veg in your service’s lunchbox by starting your own vegetable garden. Vegetable gardens are a great way for children to learn about different fruit and vegetables and how they are grown.

For more information visit www.goforyourlife.vic.org.au/kids or call 1300 739 899.
New Kids Crew

Sarah-Jane Blunt
Kinect Australia Health Promotion Officer
Sarah-Jane Blunt is responsible for the ‘Go for your life’ Infoline. Sarah-Jane is au fait with Kids – ‘Go for your life’, the Award Program for early childhood and primary schools, and the healthy message campaign. Sarah-Jane can take orders for Kids – ‘Go for your life’ collateral, and can provide information and advice on physical activity and healthy lifestyle options.
Sarah-Jane was a part of the Leisure and Recreation Department of the Bayside City Council where she was a Project Officer before her appointment with Kinect Australia. She was involved in a variety of Capital Works Projects focusing on our local sporting facilities.
Sarah-Jane can be contacted on 1300 739 899.

Chantelle Miller
Kids – ‘Go for your life’ Healthy Communities Co-ordinator
Chantelle Miller joined the Kids – ‘Go for your life’ team in August. Prior to her appointment Chantelle worked as the Community Program Co-ordinator for SunSmart, the skin cancer prevention program of The Cancer Council Victoria. In this role Chantelle worked closely with local government and community health on shade provision and skin cancer prevention strategies, with a particular focus on policy. Before the Cancer Council, Chantelle worked in project management in local government and contract management at VicHealth.
Chantelle’s role supports the 10 Kids – ‘Go for your life’ council areas, as well as investigating new partnerships and initiatives to sustain the Healthy Communities component of Kids – ‘Go for your life’.
Chantelle can be contacted on (03) 9635 5537 or community@kidsgoforyourlife.org.au

Justine Dobbs
Media and Communications Co-ordinator
Justine Dobbs joined the Kids – ‘Go for your life’ team in June. Justine has worked in public relations for the not-for-profit and small business sectors. Prior to her appointment with Kids – ‘Go for your life’ Justine was the Public Relations and Communications Manager for the Bone Marrow Donor Institute, an organisation supporting families touched by leukaemia.
Justine’s role is to communicate with the Victorian community the importance of Kids – ‘Go for your life’, how easy it is to get involved, and highlight the Program’s achievements in the media.
Justine can be contacted on (03) 9635 5658 or media@kidsgoforyourlife.org.au

New Kids Crew

New email Addresses
Need to contact someone but not sure who. Our new email addresses should point you in the right direction.

Kids – ‘Go for your life’ Manager
man@kidsgoforyourlife.org.au

Early Childhood State Co-ordinator
ec@kidsgoforyourlife.org.au

Primary School State Co-ordinator
ps@kidsgoforyourlife.org.au

Media and Communications Co-ordinator
media@kidsgoforyourlife.org.au

Healthy Communities Co-ordinator
community@kidsgoforyourlife.org.au

Administration
admin@kidsgoforyourlife.org.au

Kids – ‘Go for your life’ Statistics

| Kids – ‘Go for your life’ Award | Services - 12 | Schools - 6 |
| Kids – ‘Go for your life’ Member | Services - 406 | Schools - 482 |

Starter Packs

The Kids – ‘Go for your life’ team have been working hard reviewing and updating the Kids – ‘Go for your life’ Starter Packs for schools and services. The new and improved Starter Packs are due for distribution mid Term 4.

Got Any Ideas?

We’d love to hear your feedback! Please send any comments, questions or story ideas to media@kidsgoforyourlife.org.au