

Tasmanian School Canteen Association

Newsletter No: 32



Please circulate to: Canteen Manager/Committee, Principal / Home Economics Department, Health & Wellbeing Team, School Assn / School Council / Administrator

February 2008

Cool CAP Update



As of the end of 2007 we have a total of 116 schools participating in Cool CAP. Which is 54% of all Tasmanian school canteens. Of those 54%; 37 canteens are accredited. In Term 3 2007 we accredited four new schools to the Cool CAP "Family". Congratulations to St Helen's District High School (the first government District K-12 school to become accredited and it is a SILVER canteen); New Norfolk Primary was accredited as a SILVER canteen; Tasman District received a BRONZE Cool CAP Award and Mount Stuart Primary received SILVER Accreditation.

Alison Le Bis and I attended three school presentations in the last week of Term 3. It was very exciting and inspiring we would like to congratulate each school on their Cool CAP achievement.

Two firsts for St Helen's District High School

Congratulations to St Helen's District High School on achieving a SILVER Accreditation Award with Cool CAP. This is a huge achievement, particularly for a District High School (which includes Years 11 and 12), as we are all aware of how difficult it is to "Green Up" secondary student's menus and then get them to eat their greens!!

St Helen's District is the first district school to achieve Cool CAP accreditation and the only accredited District K-12 school to be accredited in Tasmania. As well they have

achieved the amazing award of SILVER accreditation!!!

Lisa Heaver the canteen manager has managed to turn the canteen around in only one term by increasing the variety and number of healthy food choices in the canteen and **is making a profit. Yes a profit and a SILVER canteen with high school students.** Lisa has initiated the changes with the assistance of the whole school community her dedicated volunteer canteen staff (which when pushed includes her husband, mum or dad).



Lisa Heaver CM from St Helen's District High School receiving their SILVER Cool CAP award at the end of year assembly.

Mount Stuart gets a new canteen and a SILVER Award!!!

Mount Stuart Primary School applied for a Federal Government grant of \$35,000 to up grade their worn out canteen. They were successful. With a lot of hard work from a small number of parents (one is a builder) they managed to make the grant stretch to produce a spacious, bright and very functional canteen (all in six weeks). A special thank you must to go to Sandy and Phil Hniat.

The school canteen was official opened at on 20 November at the school assembly were the school was also presented with their SILVER Cool CAP Award.



Gail Powell in her new canteen with her much loved new double sink.

ODE TO THE CANTEEN 2007

There's lots to report from the canteen this year.
Gail and her team have been busy, it's clear.
Accreditation, upgrading, new menus, new name,
Mt Stuart Canteen is not quite the same!

A successful submission for Government cash,
Meant we could upgrade the canteen to look really flash.
We met with the Council and designed with great care,
A place that's hygienic and work safe aware.

So in the September School holiday break,
The old was demolished and to the tip we did take,
Those ugly brown benches and mustard doors,
Old shelving and lino that covered the floor.

Phil was the foreman and gave out instructions.
Some say he lived there throughout the construction.
He hammered and plumbed and fixed any leaks,
And incredibly all was complete in 3 weeks!

So now we do have, a bright new canteen,
Which is spacious and purple, with a view to be seen.
It has storage and shelving and benches galore,
With blue speckled vinyl lining the floor.

A name was required for our great new canteen,
Suggestions were many so an election was seen.
"Purple Pantry, Snack Attack, Apple Curl" were a few.
But most thought the LUNCH BOX was the name that will do.

Three years it has been since our journey began,
For accreditation rating with the Cool Canteen Clan.
We've altered the menu and passed all the tests,
And Silver we've gained for doing our best!

So its been goodbye to the lollies, fat pies and some drinks,
But the kids all have welcomed the alternatives (I think).
They tuck into salads, drink milkshakes non stop,
And they all treat the LUNCH BOX as their corner shop.

So Two Thousand and Seven was a massive year,
Thanks to those people who volunteer.

And of all that has happened the highlight I think,
Was the look on Gail's face when she got'er double bowl sink!
(not to mention the rotating tap!)

By Sandy Hniat

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Cool CAP Update



Continued from page 1

Cool CAP Program review.

Many schools will be aware of the review of the Cool CAP Program; it was trialled in schools throughout the state in Term 3 2007. The aim of the review is to simplify the process for canteen managers, teachers and the canteen committee. We have received very positive feedback from schools and will welcome your comments via email or by phone. For all those schools already working towards accreditation and have questions or concerns please contact us on 6223 8023.

Glenys Nicholls' new adventure

Glenys Nicholls the Cool CAP Project Officer for Northern and North West Tasmania has always been interested in Environmental Health. During Gleny's years working as the canteen manager at Hillcrest Primary and with Cool CAP Glenys has continued her studies in food safety. Glenys has decided to study Environmental Health full time at UTas in Launceston.

We would like to thank Glenys on your behalf for her contribution to the Cool CAP over many years and we wish her well in her studies and future career path.



Alison Ward Dietician Nth (CNU); Glenys Nicholls; Monique Reardon Dietician Sth (CNU) and Alison Le Bis Cool CAP Project Officer Sth)

It's BRONZE for Tasman District

Congratulations to Tasman District on achieving a BRONZE Award with Cool CAP (Canteen Accreditation Program) which is quite an achievement, particularly for a District school. Tasman District is the first district school to achieve Cool CAP accreditation in Southern Tasmania, with only two district schools accredited in the whole of Tasmania.

Roseanne has managed to turn the canteen around by increasing the variety and number of healthy food choices in the canteen. Roseanne has initiated the changes with the assistance of her dedicated volunteer canteen staff.

We would like to congratulate Tasman District School on achieving a BRONZE Award with Cool CAP. Well Done!!!



Roseanne Thompson receiving Tasman District's BRONZE Cool CAP Award from Robyn Davies TSCA Project Manager at the end of year assembly.

New Norfolk Primary wins SILVER

New Norfolk Primary School canteen is embracing healthy food and using some fun and innovative methods to promote healthy food choices. New Norfolk Primary has achieved SILVER Accreditation. What an amazing effort!!!

The canteen manager Mandy Bowerman's focus has been on increasing the variety and number of healthy food choices in the canteen. The canteen offers a full range of healthy meals and snacks supplemented by regular meal deals and specials. The canteen promotions are very popular with the children and well supported.

Completing the Cool CAP program and achieving the high accreditation SILVER Award has taken a lot of commitment from Mandy and the canteen committee and school community particularly the teacher Anna Viney.

TSCA Board and Committee '08

The TSCA Annual General Meeting was held on Thursday 8th of November 2007. It was very encouraging to have so many people attend as well as nominate for positions on the TSCA Board. On your behalf I would like to welcome the TSCA Board 2008 'on board' and look forward to an exciting year ahead.

President - Jenny McKibben

Vice Pres. (South) - Gail Powell

Vice Pres. (Nth/NW) - Carol Fuller

Secretary - Valda Saunders

Treasurer - Sue Smart

Committee Members

Alicia James

Jeltje Gillian

Cheryl MacNeil

Owen Hunt

Jane Fricker

Carmel Fuller

Paul Garnsey



Registered Product List Feb 2008

If you would like a copy of the latest FOCiS product list, please call or email the Cool CAP office.

Mount Nelson Primary Healthy Food Week 29 October – 2 November 2007

I attended the school assembly at the end of the Healthy Eating Week to present Mount Nelson Primary's SILVER Cool CAP Award to Jodi Bull the canteen manager

I was amazed at the quality of work relating to Healthy Eating that the students and teachers had done over the previous weeks.

- The Preps made healthy Eating placemats that were laminated. The Grade 1 class worked on the theme "Growing into a healthy adult with the food you eat" Another Grade 1 class produced a skit and song about teeth with an animated cartoon produced by two Grade 6 students.
- Grade 2/3 compared nutella, peanut butter and vegemite and produced a skit with their results to the assembly emphasising the importance of reading food labels.
- Grade 3/4 wrote a song and performed a skit about eating apples. Grade 5 & 6 conducted a nutrition quiz to the parents, who proved they weren't smarter than a fifth grader.
- There was also a whole school competition to create critters from vegetables and fruits. Each grade had two winners who received a certificate with a \$3 voucher to spend at the canteen. **What a great prize which promotes healthy eating and the school canteen.**
- The school hallways were also colourfully decorated with displays of healthy eating - lunchbox ideas, food and drink comparisons. The P&F are also putting together a healthy recipe book and the children are all contributing their favourite recipes for this. This will be an ongoing resource for the school and will be used in fundraising events to promote our school.
- During the Healthy Eating Week of activities, there were also free healthy eating experiences every day for the children to sample. The aim was for children to try something different that they may not have had before.
- Each family was also sent home a "show bag" of information about healthy eating, with lots of tips and ideas about the sorts of things that can be included in a child's lunch box.



Preps Laminated Fruit & Vegie placemats



Grade 2/3 Nutella and Peanut Butter comparison



The Healthy Critters Competition



TSCA Membership

Your TSCA membership was due as of the 1 July 2007. We already have 108 financial TSCA Members for 2007-2008 of which 87 are schools. Please keep those renewals and new memberships coming in...

Remember that your school needs to be a TSCA financial member

- If your school is working towards Cool CAP Accreditation you need to be a financial member of the TSCA.

- Please send in your TSCA membership renewal or application form to the TSCA asap. The 2007-2008 TSCA membership form is included with the handouts in this newsletter. **You can't miss it is blue!!**

Healthy Options Menu Board Project

During 2007 Eat Well Tasmania coordinated the *Healthy Options Menu Boards* project with the assistance of funding from **Save the Children**. The goal of the *Healthy Options Menu Boards* project was to increase consumption of healthy food choices by children in schools.

The project involved the development of special menu boards that were made available to schools that were aiming to improve nutrition outcomes, by offering healthy food choices in school canteens, at special 'hot' lunch days, fundraising activities, breakfast programs and other activities where food is offered in the school environment.

The entries received from schools were assessed according to: level of innovation, student involvement, and use of local produce, marketing, vision for the future, quality of changes and integration within the school community.

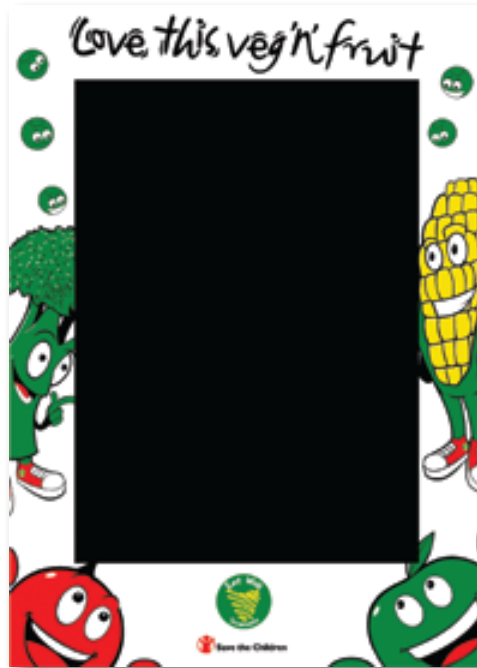
Schools described a wide variety of activities that they had been conducting during term 3 2007. Examples of activities included:

- "No packet day" discouraging the use of processed packet food to coincide with a health awareness event the school was participating in
- A composting system established within the classrooms to nourish the school vegetable garden
- Addition of salad wraps and chicken and salad burgers (FOCIS Registered) to the canteen menu
- "We have discontinued 'chocolate sales' as fundraisers"
- Now only serving wholemeal bread and rolls, low fat spreads, 100% fruit juice and low fat dairy products.

Of the 34 schools that obtained a menu board, 31 had a school canteen (91.2%). Of the 31 schools with a canteen 18 (58.1%) were participating in the Cool CAP Canteen Accreditation Program.

Emily Shepherd

Health Promotion Officer Eat Well Tasmania



34 Tasmanian schools successfully obtained a menu board.

TSCA meetings upcoming dates

Please put in your diary

TSCA Board Meeting

When – Thursday 6 March 2008
From 3.15pm – 4:30pm.

Where - the McDougall Building 1st Floor Meeting Room 2.

TSCA Board Meeting

When – Thursday 8 May 2008
From 3.15pm – 4:30pm .

Where - the McDougall Building 1st Floor Meeting Room 2.

TSCA Board Meeting

When – Thursday 3 July 2008
From 3.15pm – 4:30pm.

Where - the McDougall Building 1st Floor Meeting Room 2.

New Cool CAP Project Officer

With Glenys returning to study we advertised state wide in January 2008, to fill the position.

It is with pleasure that we welcome Maria Scanlon to the Cool CAP team.

Maria has many years experience in health promotion with The Heart Foundation.

Maria commenced work as of 25th of February, and will be training until mid March, before visiting schools. In the meantime if you have any questions regarding the program please call Robyn on 6223 8023.

Contact TSCA:

Office: Room 3, 1st Floor, McDougall Building,
Ellerslie Road, Battery Point, Tasmania 7004
Post: PO Box 169, Sandy Bay, Tasmania 7006

Robyn Davies

TSCA Project Manager

T: 6223 8023

M: 0427 280 928

E: rdavies@tascanteenassn.org.au

Alison Le Bis

Cool Canteens Project Officer (Sth)

T: 6223 8023

E: alebis@tascanteenassn.org

Maria Scanlon

Cool Canteens Project Officer (Nth/NW)

T: 6334 4836

E: mscanlo1@bigpond.net.au

Wicked Vegies

Wicked Vegies lives on Celebrating A Competition

From the classroom and into the canteen, involving families and the local supermarket, and with a helping hand from vegetable and fruit growers, Tasmanian school students have created, cooked and shared their Wicked Vegies.

Wicked Vegies grew from a successful school-community partnership at Lauderdale Primary School in 2004 and is now flourishing in schools throughout the state. Wicked Vegies contributed to Tasmanian students' knowledge of the importance of vegetables and fruit, honed skills in food preparation and sowed the seeds of partnerships with others.

And the Winners are:

Lilydale District School - Prep to Grade 4 and Year 10 organised:

- **"Healthy Food and Healthy Choices"** (curriculum program involving different grade levels)
- **Lunchtime Café** (regular, ongoing focus on 'healthy and fresh' food)
- **Celebration: "Kids in the Kitchen" cooking workshop** (focus on the importance of vegetables and fruit, healthy weight and wellbeing: students, parents and grandparents joined in)

Oatlands District High School - Year 9 and 10 students organised:

- **"Eat Well Live Well" research assignment** (curriculum program focusing on a vegetable or fruit: produce was promoted and products were offered for tasting at the school canteen and in the local supermarket)
- **Celebration: Wicked Vegies afternoon tea** (developed products were shared among students, staff and family members. A students' recipe book was also promoted).

Riverside High School - Years 8, 9 and 10 organised:

- **Wicked Vegies Pizzas** (focus on using more vegetables and fruit)
- **Fruit & Vegetable Boost** (promoting healthy food choices in the canteen)

- **Celebration during Nutrition Week - "Falling in Love with Fruit and Vegetables":** (a whole school focus on enjoying more vegetables and fruit)



Scotch Oakburn College, Kings Meadows - Years 7,8,9,10 and staff organised:

- **"Lets do Lunch Wicked Vegies Style"** (Year 10 developed and promoted healthy recipes, created and sold healthy snacks and meals during recess and lunchtimes)
- **Wicked Vegies Staff Professional Development Day** (The Wicked Vegies team presented health and wellbeing in the school's curriculum, with a Wicked Vegies focus)
- **Boarding House** (Increased use of fresh produce with a wider variety of vegetables and fruit on the menu)

Creative and enthusiastic home economics teachers, students, school staff, canteen managers, families, individuals and local businesses came together to grow Wicked Vegies into a successful nutrition-focused project. **Wicked Vegies schools** submitted creative entries to the Wicked Vegies Competition to showcase their good work over the past two years.

Creative Competition entries gave our judges the difficult task of choosing the schools that best promoted and supported healthy eating and wellbeing in the school community, including a celebration event. Overall scores were close and finally, four outstanding entries were selected.

- **Tuckshop** (policy development with focus on more healthy food options)
- **School Vegetable Garden** (Year 8 environmental science program and Year 7-8 Healthy Eating Program involved in the development of the garden - ongoing program)
- **Celebration: Wicked Vegies Lunch** (Year 9s hosted a party with a Year 1 class. Focus on healthy food options and older students 'buddying up' with younger students)

A huge thank you to all the schools that participated in Wicked Vegies. A Wicked Vegies School Pack was given to every school who participated in the project.

The four Wicked Vegies Competition winners will receive fabulous prizes for their super efforts. Well done and thank you to all schools that entered the competition.

Glen Paley

Wicked Vegies Project Officer - The Cancer Council Tasmania



KidZ in the Park



The warm weather and stunning surroundings of St David's Park provided a fantastic environment for Eat Well Tasmania's inaugural involvement in "Kidz in the Park".

All activities proved to be popular with hundreds of vegetable rice paper rolls constructed and several cases of apples devoured as apple spirals! The craft activity for the day involved decorating paper bags with stickers, stamps and stencilling, a simple yet popular activity for nearly 500 children. We ran a popular free raffle packed with items to promote healthy eating, sun safety and physical activity and added even more fun to the day with laughter workshops and a costume character hide and seek.

Many thanks to the several volunteers on the day for their valued support and assistance with all activities! Also thank you to the sponsors of the event: Woolworths, Hansen Orchards, Windmill Educational, Corporate Express, the Cancer Council and the Heart Foundation.

Emily Shepherd

Health Promotion Officer - Eat Well Tasmania



Cool CAP
Registered
Product List
Feb 2008

The updated Cool CAP Registered Product List February 2008 is an insert with this newsletter.

Please replace the September 2007 and use the February 2008 list.

Mount Nelson Primary wins SILVER!!!

Jodi Bull the canteen manager and the canteen committee have used innovative marketing to increase sales, include the students' wishes and encourage a whole school sense of ownership of the canteen. The teaching staff has also implemented wonderful classroom links that support the canteen and its role as part of the whole school curriculum.

Completing the Cool CAP program and achieving SILVER accreditation has taken a lot of commitment from Jodi, the canteen committee and the whole school community. This is evident with the school community and P&F running of the Healthy Eating week.



The whole school community is be congratulated for taking healthy eating "on board" and we are confident the results will continue long after the week has finished, particularly in the newly awarded SILVER school canteen.

Jodi Bull CM and P&F President Helen Creese with Mount Nelson Primary's SILVER Cool CAP Award

Exeter Primary wins GOLD!!!

In the September newsletter we congratulated Exeter Primary on the amazing achievement of GOLD Accreditation with Cool CAP. Also Exeter High achieved a BRONZE Award. Both schools were presented with their Cool CAP Awards in Term 2 but unfortunately we didn't receive photos in time for the September newsletter.

Here as promised is Exeter Primary receiving their GOLD Award.



Carol Fuller (Retired Ass Principal) Karen Hay, Debbie Mohr CM and Glenys Nicholls proudly display Exeter Primary's GOLD Cool CAP Award.

Overflow

Chris Please delete Glenys details at the end of the newsletter.

