

Tasmanian School Canteen Association

Newsletter No: 28



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

Sept. 2006

Cool CAP Accreditation for 3 years!!!

In the past when your school canteen became Accredited you needed to reapply for Cool CAP Accreditation each year. We acknowledge that the Accreditation process can be quite time consuming. In recognition of the amount of the work involved in Re-accreditation we have extended the time frame from one year to three years.

Unless:

- There is a change in your Canteen Management (In this case please contact the TSCA)
- You decide to change your canteens level of Accreditation eg: from BRONZE to SILVER (In this case please contact the TSCA)
- There are changes to the state or national canteen guidelines (In this case we will notify all accredited canteens in writing)

At the end of your three years we will sent you out the Cool CAP kit to complete for your Re-accreditation. If you have any questions please contact Robyn Davies TSCA Project Manager.

Congratulations to Norwood Primary!!!

Norwood Primary was presented with their SILVER Accreditation Award at their school assembly on the 23 August.

Present at the assembly were Michelle O'Byrne (represented the Education Minister David Bartlett); Ivan Dean the Mayor of Launceston and Mike Willie the Branch Director (Northern Branch of Dept. of Education). The SILVER Cool CAP Award was presented by Glenys Nicholls (Cool CAP Project Officer Nth/NW).



Ann Haywood the Canteen Manager of Norwood Primary proudly displays the schools Silver Cool CAP Award presented by Glenys

More Participating Schools

It has been amazing the interest in Canteen Accreditation from our last newsletter and the workshops in the South, North and North West.

In the past three months we have had enquiries from 54 schools and sent out Cool CAP (Canteen Accreditation Program) information to 35 schools.

Well done to those schools who are committed to working towards Canteen Accreditation.

For more information on Cool CAP contact Robyn Davies, TSCA Project Manager.

More Funding for Cool CAP

The State Government has provided \$40,000 pa in funding over the past two years (2004-06) for the Cool CAP program. In the past year Carol Nicholson (recently retired TSCA Project Manager) tirelessly lobbied State Government for increased funding for Cool CAP. All Carol's hard work has finally paid off!!!

The State Government (as of 1 July 2006) will be providing an extra \$50,000 pa (a total of \$90,000 pa) to assist Tasmanian schools to deliver healthier options in their canteens. The program is jointly funded by the Department of Health & Human Services and the Department of Education. The increased funding will continue the work of the Cool CAP.

The increase in funding will allow the TSCA (Tasmanian School Canteen Association) to go from two part-time staff totalling 26 hrs per week to 3 part-time staff with working hours totalling 58 hours pw. The two project officers (one in the South and the other in the North/NW) will have 18 hours per week to assist schools work towards and achieve Canteen Accreditation.

The focus of Canteen Accreditation is on:

- Canteen policy and management
- Linking the canteen to the school curriculum
- The marketing and promotion of healthy choices
- Safe food handling and hygiene practises

The Cool Canteen Accreditation Program involves the whole school community.

Farewell to Glenys Nicholls

Former Canteen Manager Hillcrest Primary

After fourteen years as the Canteen Manager at Hillcrest Primary Glenys Nicholls has retired!!

Under Glenys's leadership Hillcrest gained many firsts They were the first school canteen to achieve SILVER Accreditation then the first canteen to achieve GOLD two years later. Hillcrest was also one of the first canteens to complete Food Safety and the first canteen to complete the canteen operational course. As well Glenys received the North West Education Award for Excellence in 2005. As well as running the first GOLD canteen for the past six years Glenys has worked part-time (7 hrs per week) as the Cool CAP Project Officer (Nth/NW).



Glenys receiving her Award for Excellence from Margaret Lennon the patron of the TSCA

What will Glenys do now?

Glenys will continue the important work with Cool CAP increasing her hours to 18 per week. As well as Cool CAP, Glenys hopes to complete further training so that she can also be employed to train canteen managers and staff in Food Safety practices. (For information on Cool CAP in the North or NW contact Glenys on 6424 4273)

What can we say about Glenys's commitment to Hillcrest Primary? I think we will leave it to the Hillcrest Primary students who composed and read out a poem at the Farewell assemble. (There were many laughs and a few tears shed)

Ode to Glenys

*Mrs Nicholls is her name
Gold Canteen her claim to fame
Nutritious food she made for us
Right on time without a fuss
Nachos, spuds and salad rolls
To fill our empty tummy holes
Fourteen years she's fed us well
Now she needs a little spell
Hygiene and food all so great
Now she'll teach others in the State
So join me as we say good-bye
For now a new career is nigh
Let's all say hip hip hooray
And send her on her merry way
Hillcrest School will miss you heaps
But happy memories are ours for keeps.*

Healthy School Communities Grant has been extended.

The Healthy School Communities team is continuing to accept applications from schools who have not previously applied.

Australian primary and secondary schools have an opportunity to be involved in a grants program to promote healthy eating. The \$15 million Healthy School Communities program invites a non-government organisation linked to the school (such as Parents and Citizens/ Friends Association, school auxiliaries or canteen groups) to apply for a grant of up to \$1,500 (GST exclusive).

What will Healthy School Communities do?

It will build upon existing local projects and help to initiate activities to promote healthy eating in schools. The initiative invites non-government organisations such as the Parents and Citizens/Friends Associations, school auxiliaries, canteen groups, approved outside school hours care providers and other groups linked with school communities to apply for a grant to fund activities that promote healthy eating within the school environment.

Projects can be tailored to meet the needs of individual schools and could include:

- Developing healthy school canteen menus
- Healthy cooking classes
- Healthy lunch boxes
- Provision of healthy snacks in after school care services
- Breakfast programs
- Curriculum resources
- Vegetable gardens; and Awards
- Partnerships between school, community organisations and/or business.

For more information go to www.healthyactive.gov.au/healthy-school-communities/ application form/funding agreement.



TSCA AGM

The Tasmanian School Canteen Association is your Association. An Association is only as strong as it's members.

Please attend the AGM!!! And make your vote count

The Tasmanian School Canteen Associations Annual General Meeting will be held on Monday 23 October at the McDougall Building 1st Floor Meeting Room 2 , Ellerslie Street Battery Point (behind the Repat).

Time: 3:30 – 4:30pm followed by wine and cheese

Topic: "The Journey to GOLD"

Bronwyn Clarke the Canteen Manager Lauderdale Primary

And there's more...more workshops

Due to the success of the South; North and North West workshops we felt that other parts of the state were missing out. So we have organised workshops in the West and on the East Coast!!!

Free to attending TSCA members:

- 1 Apple peelers/corers (value \$50)
- Free box of apples
- Recipe booklet
- Promotional and display material.



Fruit
Growers
Tasmania Inc

Cooking demonstrations; Forum – Questions & Answers; Sourcing products and suppliers, also discussion re' changes to the Cool CAP kit.

Workshop (East Coast)

Date: Tuesday 10 October

Time: 2:30 – 4:30pm

Venue: St Helens District

RSVP: Robyn Davies 6223 8023
by Tuesday 3 October.

Workshop (West Coast)

Date: Tuesday 19 October

Time: 2:30 – 4:30pm

Venue: Mt Heights District School

RSVP: Glenys Nicholls – 6224 4273
by Monday 11 October please.

TSCA membership!!!

Thank you to all the schools who have been so prompt in renewing their TSCA membership. Currently we have a total of 76 TSCA financial members. What a great effort!! But there are still many school; corporates and individual members who haven't renewed their membership for this financial year. Your membership needs to be renewed every year to stay current.

A friendly reminder please send in your renewal or application form to the TSCA asap. Another membership form is included with the handouts in this newsletter. **You can't miss it is bright blue!!!**

"My School Restaurant Rules"

Held at Our Lady of Lourdes in Devonport

Following the successful application for a Government Grant of \$1,500.00, it was decided to use this money to offer the children at Our Lady of Lourdes School an opportunity to taste/try different foods, with a view to adding some new foods to the Canteen Menu.

The event was called My School Restaurant Rules and it took place on the 21 - 22 March 2006. Over the two days, the restaurant catered for approx. 374 students from Kindergarten-Grade 6 and staff. The venue was the Parish Hall and this was decorated and set up to resemble a restaurant.

Children received a small sample of each food on a plate – just enough for a taste. The children sat at tables which had placemats, serviettes and cutlery and were served as if they were in a real restaurant. The children found this very exciting and very grown up.

The event took many months to organise and a lot of hard work was put in by the Canteen Manager, Mrs Shirley von Stieglitz and the many parents/grandparents who gave up their time to prepare, cook and serve the food. It was all worth it to see the excitement and pleasure on the children's faces.

Feedback from both staff and children has been very positive and some of the more popular items will be added to the Canteen Menu such as tuna mornay, jacket potatoes and chicken chippees. Some children enjoyed it so much they asked if it could become a regular occurrence. Comments such as "great", "fantastic" and "awesome" were very common.

It was a most enjoyable and rewarding experience for all concerned.

Sue Walsh



FoodSafe Kits

To complete the Cool CAP Accreditation process school canteen staff need to complete FoodSafe for BRONZE and SILVER Accreditation and FoodSafe Plus for GOLD Accreditation. These programs are "in house" training programs and are available from your local council. The kits cost \$110 each (includes postage & handling) or you can buy a pack of the two kits for \$181 (includes postage & handling). The Food Safety brochure is included in this newsletter.

Upcoming meeting dates

Christmas Dinner Republic Bar

Friday December 8:

Time 6.30 for 7.00 pm

RSVP to Robyn Davies on 6223 8023 by December 1

The First TSCA Meeting for 2007!!!

Monday 5th March 2007, Time 3.30 for 5.00 pm

to at the McDougall Building, 1st Floor Meeting Room 2

Topic: "Why Diets Don't Work" – Monique Reardon
Consultant Nutritionist (Community Nutrition Unit)

Wicked Vegies

Wicked Vegies. Cool in Secondary School

What is Wicked Vegies?

Wicked Vegies is a nutrition-focused project which is harvesting a lot of interest in Tasmanian secondary schools.

The project aims to contribute to the reduction of obesity and other diet-related health problems such as some types of cancers, heart disease and Type 2 Diabetes by promoting increased consumption of vegetables and fruits.

What does Wicked Vegies aim to achieve?

Wicked Vegies will strive to: enhance Tasmanian students' knowledge of the importance fruit and vegetables, and skills in food preparation; raise awareness of locally grown, seasonal fruit and veg; and support partnerships between schools and the community, including the local vegetable and fruit industry.

How does Wicked Vegies link to the school?

Wicked Vegies engages students in investigating, designing and producing snacks or meals using fresh produce where possible.

Wicked Vegies is ideal for a whole-school and broader community approach. For instance, a practical classroom activity can link to the school canteen, other parts of the curriculum, school gardens, parents and families, local growers, food retailers and local councils.

What's happening now with Wicked Vegies?

Schools have been invited for the pilot stage this year, such as Riverside High School. Wicked Vegies activities at Riverside include a focus on the apple and promoting its taste and versatility through a fresh juice initiative. A local apple grower has been invited to form a partnership with the school in this activity. Students will also be designing and creating Wicked Vegies pizzas, focusing on seasonal and local produce. These activities will link in with the school canteen.



Year 8 Riverside High students enjoying apples in a fun and creative way with apple peelers are from left to right: Nicola, Amelia, Marcus, Erica.

Wicked Vegies in 2007

Wicked Vegies are inviting all secondary schools throughout the state in 2007 to be part of the learning and fun. The schools will be encouraged to hold a 'celebration' day to raise awareness of locally grown fruit and vegetables and have the chance to be part of an exciting state-wide competition.

Wicked Vegies Partnerships

The Cancer Council Tasmania auspices the project and is supported by partner organisations in the planning, development and implementation. These include:

Eat Well Tasmania; Home Economics Institute of Australia Inc (Tasmania); Department of Education; Department of Health and Human Services (The Community Nutrition Unit) and National Heart Foundation (Tasmania)

For more information about Wicked Vegies please contact:

Glen Paley

Wicked Vegies Project Officer

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TSCA contact details:

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