

Involve the school community

- Engage the whole school community when planning your healthy athletics carnival.
- Invite the school health nurse to coordinate a health information stand.
- Involve the canteen early so they can plan a healthy carnival menu.
- Contact local businesses for donations such as fresh vegies and fruit.
- Encourage parents to pack healthy food by including healthy tips and recipes in your school newsletter or on your school website. You can find some great ideas at crunchandsip.com.au.

Healthy canteens

- Provide healthy food to fuel the kids such as corn cobs, vegie pikelets, toasties, healthy burgers, yoghurt cups or fruit kebabs.
- Offer a sport-star meal deal that includes a healthy roll, piece of fruit and water or reduced fat milk.
- Stock a fruit bowl and sell whole pieces of fruit to parents on the side line.

Junk food free event

- Make the carnival a junk food free day for students, parents and staff.
- Encourage parents to pack healthy lunches and snacks.
- Remind parents and staff to reward children with non-food items such as bouncy balls, stickers, a high five or some good old fashioned cheer!

Health information stand

- Contact health organisations for pamphlets, posters and other resources - e.g. Cancer Council WA (*Crunch&Sip*[®] and *SunSmart*), Diabetes WA, Foodbank WA, Eat for Health, Headspace.
- Provide free sunscreen for students, staff and parents.
- Have a water cooler available for quick drink bottle refills.
- Sell hats, sunnies and apple slinkys as a fundraising project.
- Hire VegieMan and Sid Seagull from Cancer Council WA, email schools@cancerwa.asn.au for more information.



Promoting health at your school ATHLETICS CARNIVAL

The school athletics carnival is a great time to promote healthy lifestyle messages to your school community. We encourage schools to provide a comprehensive approach to health promotion, focusing not just on the benefits of exercise alongside the importance of other behaviours such as healthy eating and protecting skin from the sun. This can be achieved by using consistent messaging and creating environments that support healthy behaviours.



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Be SunSmart

- Consider UV levels when scheduling events - UV levels peak in the middle of the day.
- Remind parents and students to bring sun protection such as hats, sunscreen, clothing and sunglasses.
- Request that event officials, staff, parents and visitors wear a sun protective hat (not a cap) and role model sun protection behaviours.
- Download the free SunSmart app or check the MyUV website myuv.com.au throughout the day - sun protection is needed when the UV is 3 or above.
- Provide adequate shade for spectators and participants.

Hold a Crunch&Sip[®] break

- Register to participate in The Great Vegie Crunch and see how loudly your students can CRUNCH on vegies.
- Remind students and parents that water is the best choice for hydration.
- Play the Crunch&Sip[®] rap during the Crunch&Sip[®] break.
- Have fun with healthy snacks and organise a parent, teacher and student relay race using bananas for batons.

Public announcements

- Give short health messages over the PA - e.g. announce a Crunch&Sip[®] break, remember to sip on water.
- Monitor the SunSmart app to make regular UV announcements throughout the day. This will encourage and remind students, staff and visitors to reapply sunscreen and put on a SunSmart hat.

Faction bays

- Encourage student leaders and teachers to model healthy behaviours to younger students.
- Ensure there is enough shade provided for all students throughout the day.
- Have SunSmart monitors for each faction to ensure other students are practicing sun safety.
- Have sunscreen available and ask older students to help reapply sunscreen to younger students.