

Get the school community involved

- Engage the whole school community in helping to plan a healthy athletics carnival
- Invite the school health nurse to run a health information stand
- Involve the canteen early on in planning a healthy carnival menu
- Contact local businesses to ask for their support e.g. donating fresh vegetables and fruit
- Include health tips in the school newsletter or on the school website (download newsletter inserts from the Crunch&Sip® website) www.crunchandsip.com.au

Health information stand

- Invite parents to supervise the stand (roster parents)
- Contact organisations for pamphlets, posters and other materials e.g. Cancer Council WA (Crunch&Sip®, SunSmart), Diabetes WA, Foodbank WA, Eat for Health, HeadSpace
- Provide free sunscreen to students, staff and parents
- Sell hats, sunnies, sunscreen and apple slinkies as a fundraising project
- VegieMan and Sid Seagull are available to hire from the Cancer Council WA. Email resourceofficer@cancerwa.asn.au

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 and to reward children with non-food items such as a soccer ball, stickers, a high five or a kiss and cuddle

Canteen lunches

- Think of healthy alternatives to the sausage sizzle e.g. corn on the cob, healthy burgers, veggie pikelets on the BBQ (use squeeze bottle for mixture), fruit kebabs and toasted jaffles
- Offer a special meal deal that includes a healthy roll, piece of fruit, and water or reduced fat milk

Promoting health at your school athletics carnival

Public announcements at the carnival

- Give short health messages over the PA (e.g. announce the Crunch&Sip® break, play audio health messages created by students)
- Regular reminders to re-apply sunscreen

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 but also the importance of other behaviours such as healthy eating and protecting skin from the sun. This can be achieved by consistent messaging and creating environments that support healthy behaviours. Following a healthy lifestyle helps children to reach their full potential – whether that means becoming an Olympic athlete, scientist, nurse, electrician or political leader!

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 (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 www.myuv.com.au throughout the day – sun protection is needed when the UV is 3 or above
- Provide adequate shade for spectators and participants

Invite a sporting star along

- Ask them to speak about what they do to keep physically and mentally healthy

Faction bays

- Encourage student leaders and teachers to model healthy behaviours to younger students
- Provide enough shade for all students all day
- Have SunSmart monitors for each faction check students for sun safety
- Have sunscreen available and ask older students to help re-apply sunscreen to younger students

Hold a Crunch&Sip® break

- Faction captains to organise vegetable and fruit platters for each faction bay.
- Remind students and parents that water is the best choice for hydration
- Play the Crunch&Sip® rap during the Crunch&Sip® break

Compost food scraps

- Invite parents to take a bag of scraps home for their compost
- Set up and promote the use of food scrap bins. After the carnival food scraps can be composted for the school kitchen garden

