Healthy Living Program

At the beginning of Term 2, 2010 BHP stepped up to the mark and provided funding to Strelley Community School’s Healthy Living program. This was a substantial commitment and replaced Federal Government Funding from the Department of Health and Aging which had been in place for the last term of 2008 through to end of first term 2010. During 2009 the school conducted evidence-based research and the Healthy Living Program was built on the information gathered.

We grew our own wheat grass for the fresh vegetable juice served each morning.

Whilst exercise and personal hygiene are integral parts of the program the major focus was on providing student with nutritionally balanced food from the start of the day. The aim was to ensure that the students were well fed at the beginning of the day so that they could settle down quickly and get on with learning.

It was found that breakfast for these kids needed to move away from sugar, wheat and dairy products. So it consists of such things as vegetable curry, tuna pasta, fish and potato bake, scrambled egg and sausages and chicken pasta.

What have we seen?
* increased attendance
* healthier students
* calmer students
* greater concentration
* happier students
* more focussed learning

The program includes breakfast, morning tea and on occasions, if the need is evident, lunch.

Morning Snacks include fresh fruit and a selection of crackers or wraps with fresh made avocado/egg/tuna/sweet potato/eggplant salad or spread.

THANK YOU BHP!