

Template

School information pack for program participation

2023

A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government

Is your school...

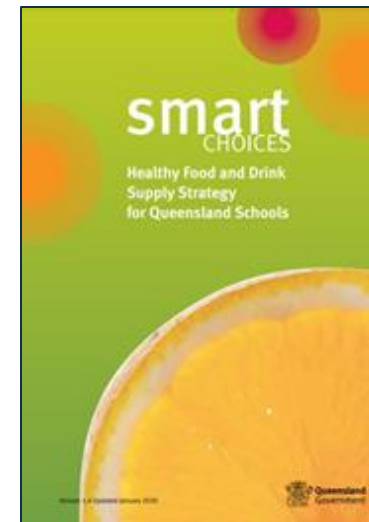
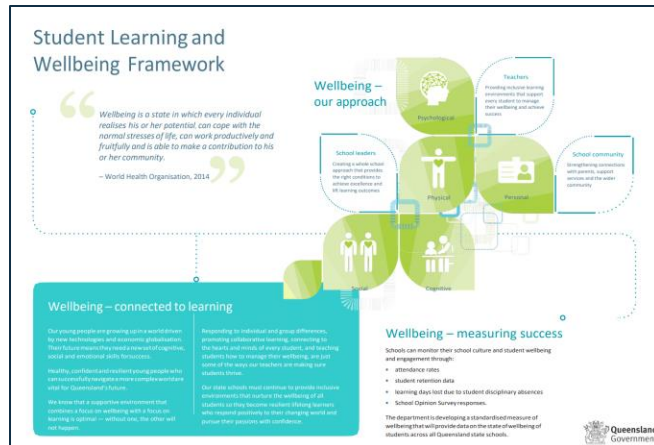
- Passionate about the benefits of food and nutrition for your students?
- Looking to build on current school food and nutrition actions?
- Keen to support a whole school approach to student health & wellbeing through food and nutrition?
- Eager to broaden learning opportunities that promote healthy food and drink choices?

Pick of the Crop is an exciting opportunity to advance your school's healthy eating strategies and support student learning and wellbeing.



Pick of the Crop is ...

- A whole school healthy eating program with the aim to increase Queensland children's vegetable and fruit intake.
- consistent with the *Student Learning and Wellbeing Framework* for a whole school approach, inclusive learning environments and strengthening connections with parents and the wider community.
- consistent with *Smart Choices – healthy food and drink supply strategy for Qld schools*, which is all about offering healthy food and drink choices to students in Queensland schools across the whole school.



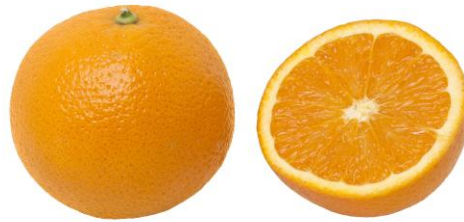
Why?

Children's food and drink intake does not meet recommendations

<5% eat sufficient
vegetables



46% eat sufficient fruit



41% of daily energy intake
comes from unhealthy food
and drinks



Healthy eating supports optimal growth and development in children, enables successful learning at school, performance at sport and can protect from common physical and mental health issues.

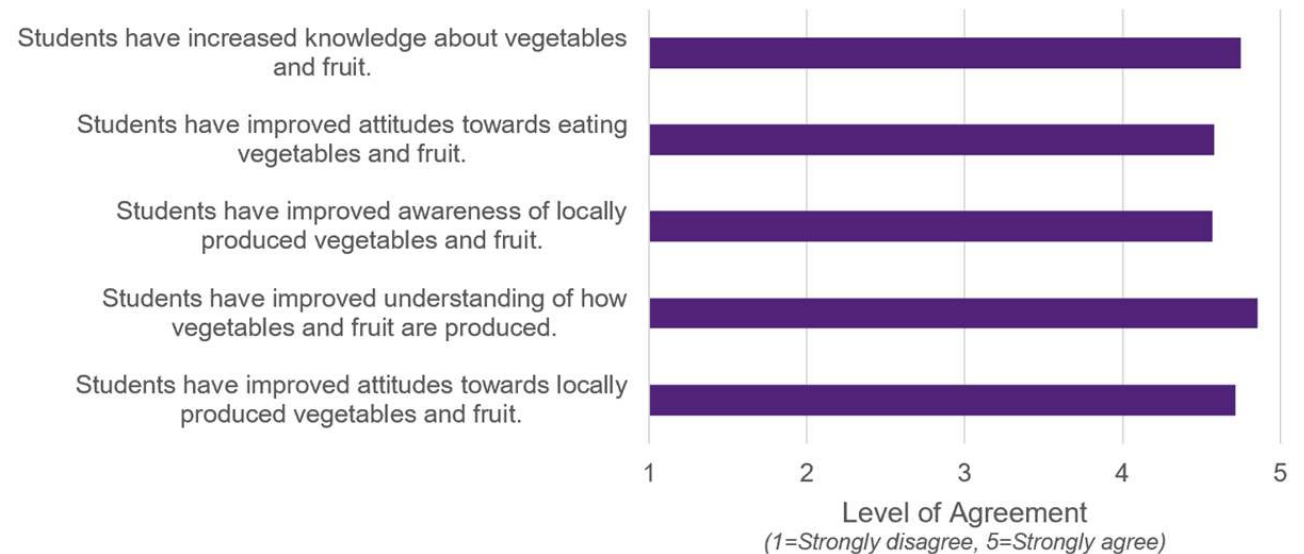


Pick of the Crop - 2021 Evaluation of the Pilot

31 schools were invited to participate in the evaluation, that was completed by Institute for Social Science Research (UQ). This included a review of school action plans, surveys and interviews with school champions



Impacts – knowledge and attitudes



“kids are more open and willing to have a go at it. For me the most important change is the kids’ willingness to try different vegetables and fruit and to see the kids learning the skills for how to cook. You know that is a life skill and if they have that skill now hopefully that will translate into real life when they grow up”



More findings from the evaluation

FINDINGS

235 school actions

were implemented as part of the *Pick of the Crop* pilot program, with grant funding used across all five components.

“When we opened the classroom for Father’s Day, we even had grandfathers who were amazed at what the kids had experienced and that kids in the classroom with their peers were willing to try vegetables whereas at home kids wouldn’t eat vegetables.”

“At our school the *Pick of the Crop* program is delivered through the health and physical education.”



“The kids thoroughly enjoyed learning on each farm. Parents have contacted me to say how excited their children were - coming home to share lots of information and, of course, the lettuces and avocados.”

“We implemented ‘munch and crunch’ fruit snack breaks across the school. When I started it was only happening in my room and maybe one or two other classes. With *Pick of the Crop*, our Principal said “ok, this is something that needs to happen in every room”.”

“We had a few raised garden beds around the school, but they weren’t being used. I asked the groundskeeper to put all of the garden beds into one area to create the school garden. The real hero of our *Pick of the Crop* story is the school garden.”

Knowledge and attitudes

64% of schools strongly agreed
All schools agreed that *Pick of the Crop* improved knowledge and attitudes towards vegetable and fruits among students

“Kids are more open and willing to have a go at it. For me the most important change is the kids’ willingness to try different vegetables and fruit and to see the kids learning the skills for how to cook. You know that is a life skill and if they have that skill now hopefully that will translate into real life when they grow up.”

Teaching and learning

62% of schools strongly agreed
All schools agreed that *Pick of the Crop* improved the quality and quantity of food and nutrition content taught at their school

“What worked much better in our school were those opportunities that teachers found to weave in fruit and vegetable content to the curriculum and ways to align content with units as opposed to adding on additional content.”

Opportunities to try vegetables and fruit

58% of schools strongly agreed
The majority of schools agreed that *Pick of the Crop* improved the availability of vegetables and fruit at school and school events





“What worked much better in our school were those opportunities that teachers found to weave in fruit and vegetable content to the curriculum and ways to align content with units as opposed to adding on additional content”

Pick of the Crop in action

Who?

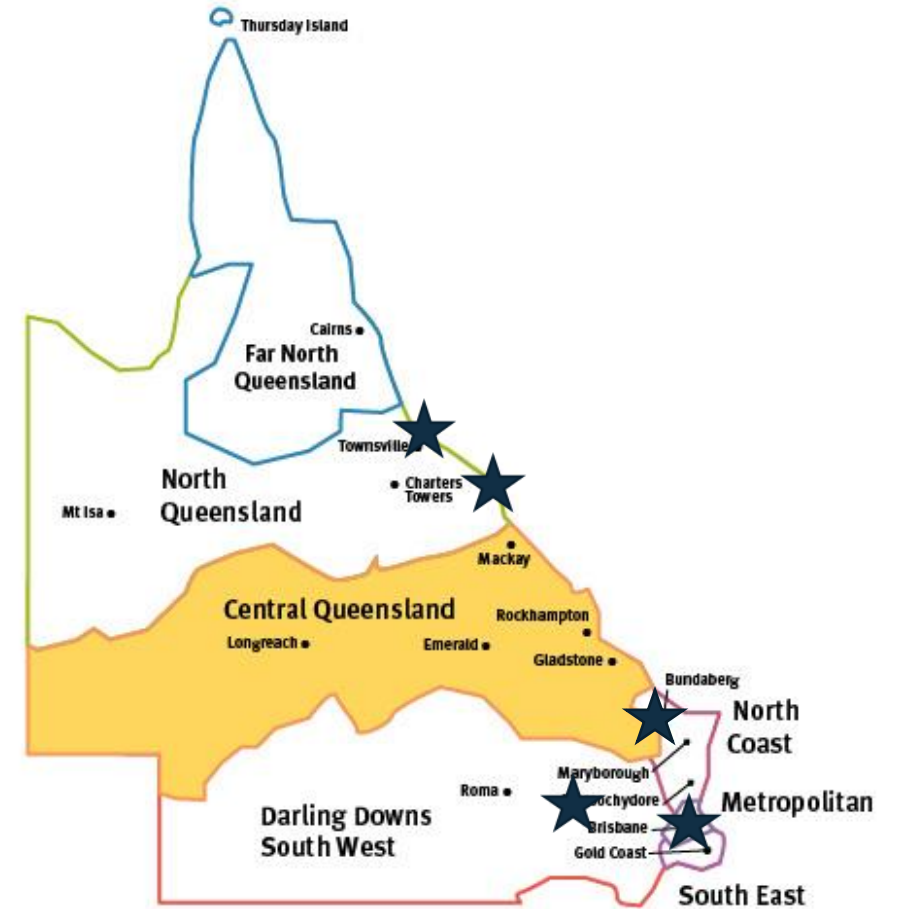
- Queensland state primary schools

Where?

- North Queensland, including Townsville, Bowen and the Burdekin
- North Coast, including Bundaberg, Wide Bay (Hervey Bay and Maryborough) and Gympie
- South East Queensland, including Logan
- Darling Downs South West

When?

- Consultation and engagement in Term 4, 2022
- Implementation commences in Term 1, 2023

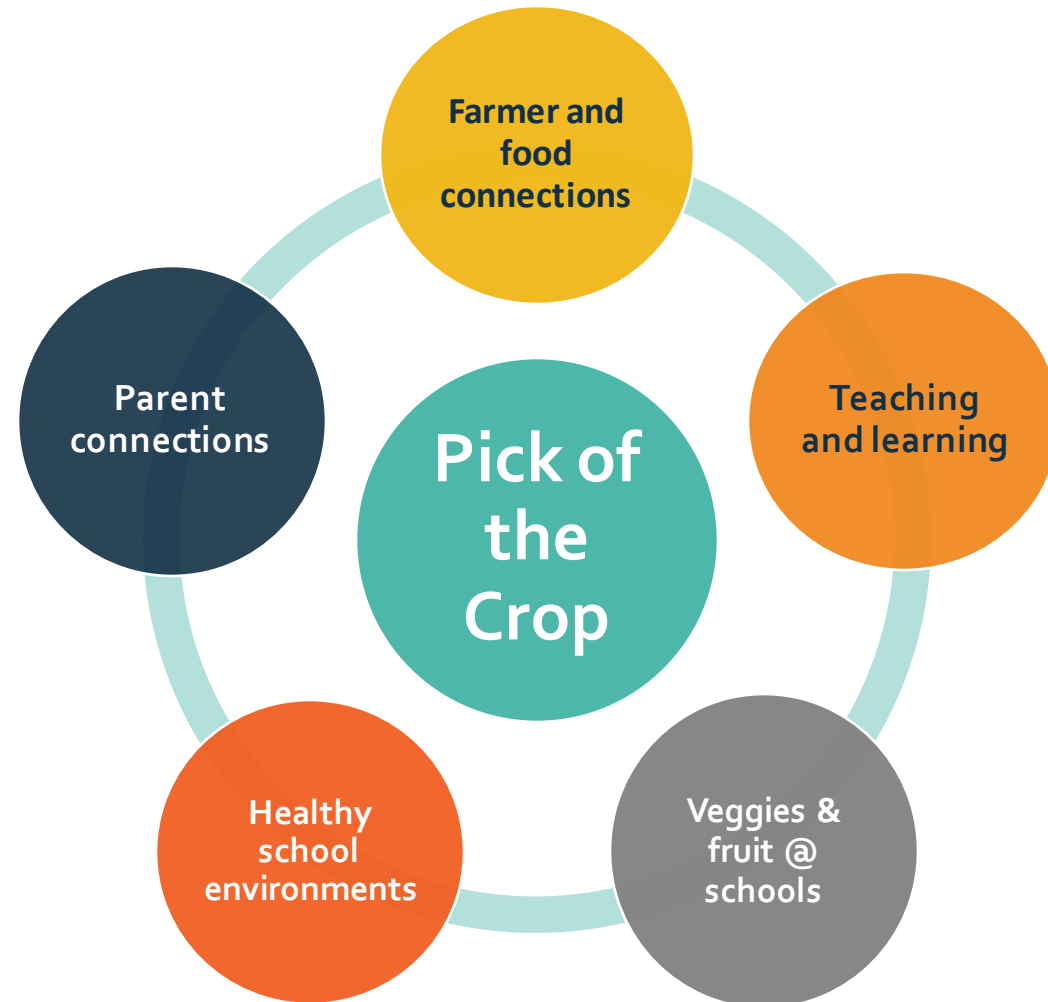


How?

- ✓ Evidence-based program
- ✓ Whole school multi-strategy approach to healthy eating
- ✓ School-led actions, which focus on the five Pick of the Crop components
- ✓ Builds on school strengths and current actions
- ✓ Boost funding available in year 1 and 2 of the program (on approval of school action plan)
- ✓ Supported by a regional coordinator



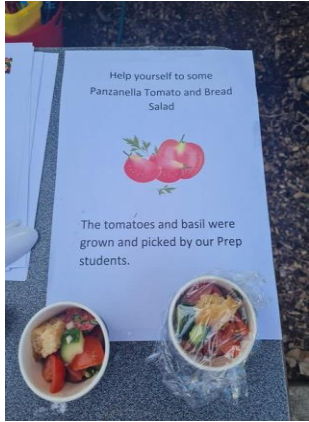
Pick of the Crop - Five Components



COMPONENT	Farmer and food connections	Teaching and learning	Veggies and fruit @ school	Healthy school environments	Parent connections
<p>Outline</p>	<p>Connect with local farmers and/or producers through incursions or school excursions</p> <p>Integrating paddock to plate messaging during classroom teaching and learning</p>	<p>Embed food, nutrition and agriculture across key learning areas</p> <p>Implement an evidence-based curriculum-aligned food, nutrition and agriculture program(s)</p> <p>Increase teacher food and nutrition knowledge through professional development opportunities</p>	<p>Healthy Snack opportunities increased during the day e.g. promote or start veggie and fruit snacks across the whole school</p> <p>Enhance breakfast clubs with more veggies and fruit</p> <p>Enable Emergency Lunch Programs to include fruit and veggies</p>	<p>Reinforce school-wide positive food culture through connections with school gardens, fundraising and events</p> <p>Consider provision of healthy food and drink options in the school tuckshop</p>	<p>Encourage healthy options at home by communicating and connecting with parents, carers and families</p> <p>Support healthier lunchboxes through education or information sessions</p>
<p>Examples of actions that could be implemented</p>	<ul style="list-style-type: none"> • Farm visits • Farmer in the classroom • Tuckshop supplies • Fruit & Veg boxes • Social media supporting local farmers • Farmer forums • Source other programs that connect students with agriculture 	<ul style="list-style-type: none"> • Professional development for teachers • Implement existing evidence-based programs • Fund Teachers Relief Scheme to undertake professional development or planning days to embed health, food and nutrition into classroom work • Network with other teachers or school staff 	<ul style="list-style-type: none"> • Promote whole school brain breaks • Ensure all students have veggies or fruit for brain breaks • Connect school garden with breakfast club or source donations for veggies and/or fruit • Termly social media posts on veggies or fruit 	<ul style="list-style-type: none"> • Undertake classroom cooking and tasting sessions • Boost or develop a school garden • Review and update the tuckshop menu • Review school policies and plans to support healthy eating • Participate in Qld Tuckshop Day 	<ul style="list-style-type: none"> • Work with pre-prep or playgroups • Include messaging in transition to school days • Enhance food and nutrition learning in community-led groups • Work with parent organisations to support activities • Social media and newsletter articles • Healthy fundraising



Examples from North Queensland - Bowen and the Burdekin



Examples from North Coast - Bundaberg and Wide Bay



Examples
from South
East Qld -
Logan



What your school will receive as part of Pick of the Crop:

- **Be part of a three year school journey** (see next slide)
- **Support from a Regional Coordinator** (e.g. school visits; online; email; phone)
- **Boost funding** (maximum of \$7,000 + GST over 3 years)
- **Annual Certificate of Participation** (to display on your noticeboard)
- **School sign** (for your school fence or garden) - year 1 schools only
- **Resource bag** (including recipes and more)
- **Access to a Closed Facebook Group** (limited to Pick of the Crop schools)
- **Termly eNewsletters and updates** (from your Regional Coordinator),
- **Promotions and events** (through Health and Wellbeing Queensland communications)
- **Access to resources** (through www.hw.qld.gov.au/pick-of-the-crop)





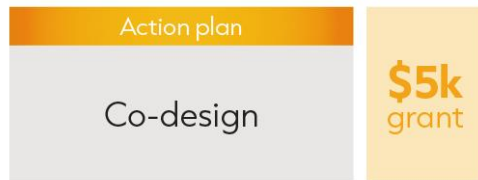
three year school journey

SCHOOLS
ENTER

Y E A R
1

Establishing

INTENSIVE SUPPORT



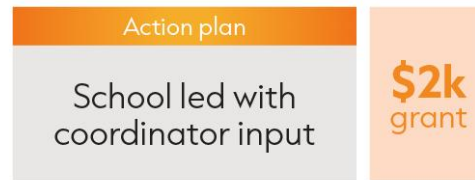
- Program awareness
- Actions fit school context
- School networks
- School champions



Y E A R
2

Consolidating

MODERATE SUPPORT

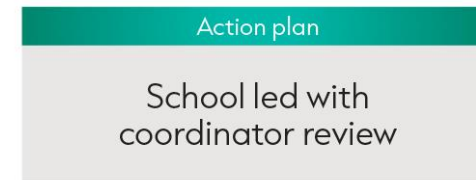


- Build on successful actions
- Strengthening school and community networks
- Professional development
- Ongoing communication



Y E A R
3

Sustaining



- Professional development
- Integration into policies, practices, networks and mindsets
- Networks support and sustain action
- Identify resources for sustainability



Pick of the Crop Community

Statewide support
(HWQld)

Networking

Facebook group, regional events

Communications

Termly newsletters

Promotions

Statewide events

Resources

Crunch & Sip, QAST, Swap IT



Boost funding – payment criteria



Eligible expenses:

- * Actions related to the five Pick of the Crop components
 - * Supports student's vegetable and fruit intake.
- This should be highlighted in the school action plan.



Ineligible expenses:

- * Salaries / wages for school staff
- * Routine supply of fresh produce
- * Actions or excursions not related to vegetables or fruit



Steps to take to participate in Pick of the Crop



Check out www.hw.qld.gov.au/pick-of-the-crop/ or **contact your regional coordinator** to discuss the program in more detail.



Consult staff and gain commitment from the **school leadership team**



Nominate one or more **school champions**



Develop a **school action plan** in consultation with the school community and your regional coordinator



Submit the action plan to pickofthecrop@hw.qld.gov.au for approval, before receiving the **boost funding**



Implement your School Action Plan with support from a Regional Coordinator

What now?

Contact your regional coordinator for more information and start planning your participation in Pick of the Crop

Your Pick of the Crop Regional Coordinator is:

[insert information for the region and include a picture, where if possible]

You can also contact Health and Wellbeing Queensland at: pickofthecrop@hw.qld.gov.au

