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Move Well Eat Well



NEWS – TERM 2, 2022



Ideas and Resources for This Term

- **Autumn Soup Pot Offer** – get a FREE soup kit for your school!
- **National Walk Safely to School Day** - ideas to get your school involved.
- **Tasmanian School Canteen Association Update** – name change.
- **NAIDOC Week Book Pack Offer** – celebrate and learn about aboriginal culture at your school.
- **Move Well Eat Well Teachers Advisory Group** – we are seeking new members!
- **Yoga Mats Offer** – sets of FREE yoga mats are still available for your school.
- **Move Well Eat Well USB Feedback** – we'd love to hear from you!



Autumn Soup Pot Offer

With the start of cooler weather, now is a great time to start making some warming vegetable soup. Soup is an ideal dish for class cooking, special events and as a lunchtime canteen special!

We have some awesome soup kits available for schools, which include a stainless steel soup pot and ladle as well as the excellent **Kitchen ABC123** cookbook from our friends at Family Food Patch.

Kits are limited so be quick! They will be distributed on a first- come-first-served basis to *Move Well Eat Well* member schools. [Enter Here.](#)



National Walk Safely to School Day

Now in its 23rd year, National Walk Safely to School Day (WSTSD) will be held this year on **Friday 20 May**. It is an annual event which encourages all primary school children to walk and commute safely to school. This community event is seeking to promote road safety, health, public transport, and the environment.

For further information about the event, go to www.walk.com.au/WSTSD and for some great ideas on how to implement more walking activities at your school, check out the [Stride and Ride resources](#) on our website.



School Food Matters

The Tasmanian School Canteen Association (TSCA) changed its name to **School Food Matters** at the end of 2021. This new name reflects all the work the organisation does to support the service of nutritious food in Tasmanian school environments.

School Food Matters continues to provide the SmartFood canteen accreditation program, as well as running the exciting School Lunch Pilot expansion. They also offer broader support to schools for all things food related. For more information about School Food Matters, go to www.schoolfoodmatters.org.au



NAIDOC Week – 3-10 July

The theme for NAIDOC Week in 2022 is 'Get Up! Stand Up! Show Up!' and calls for a genuine commitment by us all to support and secure institutional, structural, collaborative and cooperative reforms and systemic change. For more information about NAIDOC Week and this year's theme, go to www.naidoc.org.au

Move Well Eat Well are celebrating NAIDOC week by giving away a set of books by Aboriginal authors to lucky schools. This is a great opportunity for further learning around Aboriginal culture. Numbers are limited so [email us here](#) to grab your set!



Interested In Joining Our Teachers Advisory Group?

Move Well Eat Well are looking for interested teachers to join our Teachers Advisory Group (TAG). Commitment to the group would include attendance at online meetings twice a year and provision of advice to MWEW regarding a range of issues related to the *Move Well Eat Well* Program.

If you are interested or would like further information, please [contact us via email](#).

Next time you are browsing the website, have a look at [success stories](#) from other schools for some great ideas.

If your school has an idea to share, drop us a line!
movewelleatwell@health.tas.gov.au

We'd love to hear from you!

We're busy updating our Facebook page with lots of great school stories, recipes and information so

Find us on 

from your own account *and your school Facebook page.*

Need your web login details? [Email here](#) and we'll send them to you!

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