



Sports carnivals

Whole school approach

School sports carnivals, such as athletics and swimming events, are often a day on the school calendar that students really look forward to. It's a fun day when student, staff and parents coming together.



Whilst physical activity and fun is the main focus, schools must ensure the event does not hinder health in other ways. The Health Promoting Schools (HPS) framework encompasses three spheres (see diagram).

Applying the HPS concept at carnivals can include:

- Providing a limited, healthy and fun menu
- No red foods/drinks. Carnivals are not a licence to sell cans of soft drink, lollies, sports drinks or other red choices. It is also not appropriate for lollies and candy to be handed out to students as incentives or rewards.
- Providing sun cream and adequate shade for sun safety
- Engaging with students who are less competitive to be marshals or involved in novelty events to create a sense of inclusion and strong mental health.



Let's think beyond a sausage sizzle and provide healthy choices!

Remember, students are being physically active, using their bodies and their brains.

Refuel them on foods that are high in nutrients, aid hydration and set them up to perform at their best.

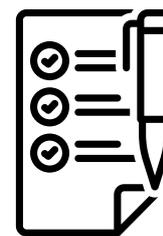
Preparation is the key

Take orders

- Pre ordering is the way to go! It makes planning before the day easier, preparation on the day more efficient and importantly it reduces waste.

Best on ground prizes

- Coordinate with teachers to hand out canteen vouchers as prizes.



Note: All events that the Principal is directly responsible for must comply with the Department of Education's Healthy Food and Drink policy, regardless of whether they are held on the school grounds or at an alternative venue.

Preparation is the key (continued)

Parents

- They often take the day off work to watch their child. Advertise a few weeks before the event for volunteers to come into the canteen early in the morning before the carnival starts to help with preparation
- Set up a roster system so they can provide assistance throughout the day when their child is not competing
- Request parents operate a 'hydration station' close to the event to refill water bottles, sell wedges of watermelon and/or orange quarters
- They are also a huge market for the canteen. Design a menu specifically for parents that is easy to eat on the move. Don't forget a tea and coffee station too.



Menu ideas

- Burgers: if you can arrange to have a BBQ set up on the day this will make the process easier plus you may be able to engage some extra parents to help out. Include chicken, beef and vegetarian options served with three salad items to make them a green menu item – coleslaw is a great choice
- Sushi: check with your sushi supplier for the cut-off date for a bulk order to be delivered on the morning of the event
- Fruit: watermelon wedges, frozen orange quarters and fruit salad in tubs
- Primary schools students will love a 'picnic pack' – include half a sandwich, piece of fruit, small fruit muffin, cubes of cheese and crackers
- High school students will be after something super filling – try chicken and salad rolls or wraps with different flavours for the day such as Caesar; "Nandos" style with peri peri sauce; or gourmet with avocado and sun dried tomatoes.



Water

- Water is the best form of hydration and is also the cheapest option
- Set up an esky with ice near the field or pool
- Use large water coolers and paper cups
- Add a bottle of water to every meal deal.

For recipes and promotion ideas see the WASCA website.