

WELCOME



Hi Kids,

Wyndham City would like to welcome you to the Active Kids Passport. Over the next 8 weeks you will be learning all about being active and eating healthy foods. This Passport is a fun way for you to learn, record your achievements and to try some different activities. Best of all, you will receive different rewards along the way just for participating.

Have Fun!

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ID CHECK



THUMB PRINT
HERE

Active Kids Registration

THIS PASSPORT BELONGS TO:

First Name: _____ Last Name: _____

School: _____ Grade: _____

Getting Started

Becoming an Active Kid is simple - just follow these 8 steps:



1

Register: Log onto www.wyndham.vic.gov.au/activekids and complete the first Active Kids Survey to receive a reward! There will be two surveys during the year to measure how active and healthy your class is!

2

Classroom Activity: Get involved in the Special Classroom Activity about Physical Activity or Healthy Eating which your teacher will run each week.

3

Active Kids Diary: Keep track of how healthy you are by filling in the Active Kids Diary in this passport and getting your parent's initial.

4

Participate: Participate in the different School and Family Activities on offer. Think about participating in an activity on a regular basis outside of school.

5

Active Families: Information on how your family can get active and eat more healthy foods will be included in your schools newsletters and at: www.wyndham.vic.gov.au/activekids

6

Active Wyndham: Ask your parents to check out the Active Wyndham page to stay up to date with all the latest opportunities to get active in Wyndham throughout the year.

7

Rewards: Throughout the program you will receive stickers and rewards just for participating!

8

Certificate: At the end of the program, log onto the City's website and complete the second Active Kids Survey to receive your Active Kids Certificate and reward.

ACTIVE KIDS DIARY



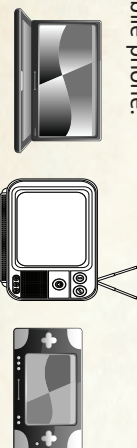
Physical activity helps you to focus in class!

CONGRATULATIONS ON COMPLETING WEEK 1 OF THE ACTIVE KIDS PROGRAM!

The Active Kids Diary is a fun way to see how active and healthy you are. Colour in a picture every time you do some physical activity or when you watch TV or use the computer. At the end of the week add up the pictures you have coloured in to see how you went. Try to improve your score each week and become an "Active Kid".

EXAMPLES

TV/Computer: watching TV, playing computer games or using a computer, iPad or mobile phone.



Physical Activity: Walk, run, swim, sport, dance, bike ride, climb, skip



What is Physical Fitness?

Physical Fitness is a word often used to describe people who participate in sport or who are physically active. Physical Fitness is a general state of good health, resulting from physical activity and a healthy diet. There are three main components to physical fitness: heart and lung (cardiovascular) endurance; strength; and flexibility. Cardiovascular endurance is the ability to stay active for a long period of time, strength is the ability to lift heavy objects and flexibility is the ability to bend and move into different bodily positions. The best way to improve your physical fitness is by simply MOVING your body every day!

Examples of physical activity that will help you improve these fitness components include: dancing, playing on play equipment, throwing a ball, walking briskly, gardening, raking leaves, bike riding, trampolining and playing volleyball.

ACTIVE KIDS REWARDS

Throughout the program you will receive Active Kids rewards and stickers just for participating. To receive your Week 1 Active Kids sticker and reward you will need to:

- 1 Visit the Active Kids website – www.wyndham.vic.gov.au/activekids
- 2 Complete the first Active Kids Survey
- 3 Complete the Classroom Activity and Active Kids Diary in this passport.

Be active and eat healthy



PHYSICAL ACTIVITY Aim for 60 mins 15 mins = 1 ball		TV/COMPUTER Aim for less than 2hrs out of school time 30 mins = 1 TV	
MON			
TUE			
WED			
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FRI			
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SUN			
TOTAL			

PARENT INITIAL.....

Don't forget to fill in your Active Kids diary.



Get the day off to a good start by eating a healthy breakfast!

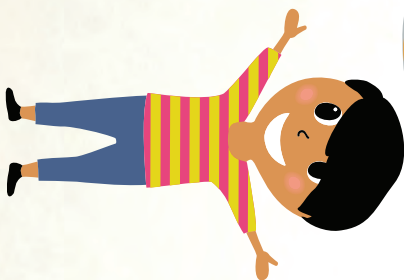
CONGRATULATIONS ON COMPLETING WEEK 2 OF THE ACTIVE KIDS PROGRAM!

WHAT IS A SERVE?

Vegies: ½ cup cooked or 1 cup salad

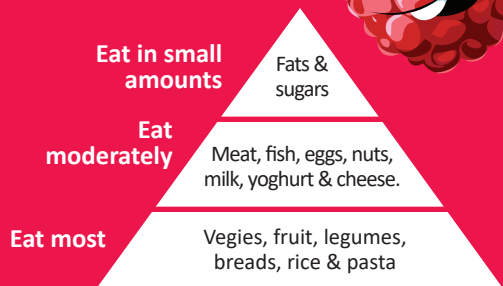


Fruit: 1 apple, or 2 apricots, or 1 cup tinned



Healthy Eating Habits

Healthy family meals and snacks should be based on 'everyday' foods – breads, cereals, pasta, rice; reduced fat dairy foods; lean meats, fish, lots of vegetables & fruits, and water. The Healthy Eating Pyramid shows the different food groups and how much of each group you should eat to have a healthy and balanced diet.



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ACTIVITY – HEALTHY BREAKFAST

Think about the different types of foods you NORMALLY eat. What do you normally eat for breakfast? Draw a picture or write down the foods you normally eat for breakfast below. Is your breakfast healthy?

PARENT INITIAL.....

VEGIES Aim for 5 serves 1 serve = 1 carrot					FRUIT Aim for 2 serves 1 serve = 1 banana				
MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL		

WEEK 3

Move & Play Everyday

Kids should move and play everyday! Did you know that you need to do a minimum of 60 minutes of physical activity every day? Being active doesn't just mean playing sport. Active play can occur indoors and outdoors, alone, or with family and friends. Active play is important for your overall health and development. Making sure you move and play everyday will help you to maintain a healthy weight and will help protect you against diseases later in life. It also improves your concentration, memory and classroom performance. The benefits of physical activity are increased when you limit the number of hours you spend in sedentary activity (e.g. computer games, television, internet). Try to limit the time you spend on these activities, particularly during daylight hours, to no more than two hours each day.



DRINKING WATER

Did you know that the human body can last weeks without food, but only days without water? The amount of water we need depends on our metabolism, the weather, the food we eat and our activity levels. Aim for at least 5 glasses of water per day!

Follow these easy tips to drink more water each day:

- Pack a water bottle when going to school;
- Place a jug of water on the table during meal times - add a slice of lemon or orange for flavour;
- Keep a jug of chilled water in the fridge.

For healthy bodies and teeth, children need to limit the amount of sweet drinks to one per day. Sweet drinks include fruit juice, fruit drinks, soft drinks, flavoured mineral water, cordials, sports drinks, energy drinks and flavoured milk.

A piece of fruit is a better choice than fruit juice. Fruit juice contains sugars found naturally in fresh fruits, which become very concentrated when made into juice. Fruit juice lacks the fibre that is found in whole fruit.

Soft drinks and cordials contain large amounts of sugar and energy (kilojoules). These drinks fall into the 'Sometimes Foods' category and should be consumed only occasionally.



ACTIVE KIDS DIARY



Don't forget to fill in your Active Kids diary.

CONGRATULATIONS ON COMPLETING WEEK 3 OF THE ACTIVE KIDS PROGRAM!

WHAT DOES YOUR 60MINS OF PHYSICAL ACTIVITY LOOK LIKE?

- Ride scooter to school (10mins)
- Play basketball at recess (10mins)
- Play chasey at lunch (20mins)
- Play on the playground after school (10mins)
- Play backyard cricket after school (10mins)

TOTAL: 60mins



WATER Aim for 5 glasses 1 serve = 1 glass		PHYSICAL ACTIVITY Aim for 60 mins 15 mins = 1 ball		TV/COMPUTER Aim for less than 2hrs out of school time 30 mins = 1 TV	
MON		TUE		WED	
THU		FRI		SAT	
SUN		TOTAL			
0-9 Keep Trying 10-19 Good Effort 20-29 Excellent 30+ ACTIVE KID		0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID		24+ Keep Trying 16-23 Good Effort 8-15 Excellent 0-7 ACTIVE KID	

PARENT INITIAL.....

Fruit and Veggies

Kids should eat a variety of fruit and veggies everyday; at least 2 serves of fruit and 5 serves of veggies.



WHAT IS A SERVE?

1 SERVE OF FRUIT

-  1 piece medium size fruit
-  2 pieces of smaller fruit
-  1 cup tinned fruit
-  1 cup of chopped fruit or fruit salad

1 SERVE OF VEGIES

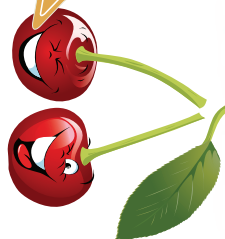
-  1 medium potato
-  ½ cup cooked vegies
-  1 cup salad vegies
-  ½ cup legumes

ACTIVITY - HEALTHY LUNCH BOX

Think about the different types of foods you **NORMALLY** eat. What do you normally eat for lunch? Draw a picture or write down the foods you normally eat for lunch below. Is your lunch healthy?

ACTIVE KIDS DIARY

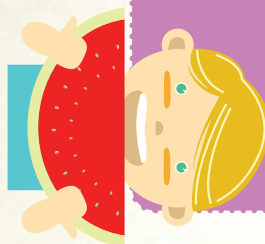
Don't forget to fill in your Active Kids diary.



CONGRATULATIONS ON COMPLETING **WEEK 4** OF THE ACTIVE KIDS PROGRAM!

DID YOU KNOW?






















- Less than a quarter of children eat enough vegetables.
- 30-40% of kids don't eat enough fruit.
- Fruit and veggies are best served raw, steamed or baked.



WHAT IS A SERVE?

Sometimes food: 30g chips, or 375ml soft drink, or ½ pie, or 2 choc biscuits, 1 donut



	VEGIES Aim for 5 serves 1 serve = 1 carrot	FRUIT Aim for 2 serves 1 serve = 1 banana	SOMETIMES FOOD Aim for less than 2 serves 1 serve = 1 donut
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL	0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID	0-3 Keep Trying 4-7 Good Effort 8-11 Excellent 12+ ACTIVE KID	12+ Keep Trying 8-11 Good Effort 4-7 Excellent 0-3 ACTIVE KID

PARENT INITIAL

Active Families

Is your family active? Do they go for walks, play tennis or golf, go to the park or the pool or work in the garden or go fishing on the weekends? Your family needs to be active too – this will make them feel better and healthier. Show your passport to your mum, dad, brother, sister or friends. Explain to them why it is important for you all to be active and to eat healthy foods. There are lots of family activities you can do together: have a picnic in the park, play on the playground equipment, walk to the shops, ride your bikes on the nearest path, go fishing, kick the ball around the yard, play frisbee, have a swim at the local pool, visit a friend or family member, do some gardening or play with the family pets.



ACTIVITIES IN WYNDHAM

Do you know what activities are happening in your area? To find out about some free and low cost activity opportunities visit the website www.wyndham.vic.gov.au/activewyndham

You can also contact Wyndham City for more information on:

- Playing sport and being active in Wyndham;
- The closest park, sporting reserve, bike & walk path or dog off lead area to your home;
- Wyndham's playgrounds, parks, reserves, sporting & leisure facilities and other outdoor activities; and
- Sporting clubs and recreation groups in Wyndham













































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Fax: 9741 6237
Email: mail@wyndham.vic.gov.au
Website: [www.wyndham.vic.gov.au/
activewyndham](http://www.wyndham.vic.gov.au/activewyndham)**

DID YOU KNOW?

- For a happy and healthy family, spend time being active together.
- Playing sport is great way to make new friends.

PARENT INITIAL.....

	VEGIES	FRUIT	WATER	PHYSICAL ACTIVITY	TV/COMPUTER	SOMETIMES FOOD
MON	 Aim for 5 serves 1 serve = 1 carrot	 Aim for 2 serves 1 serve = 1 banana	 Aim for 5 glasses 1 serve = 1 glass	 Aim for 60 mins 15 mins = 1 ball	 Aim for less than 2hrs out of school time 30 mins = 1 TV	 Aim for less than 2 serves 1 serve = 1 donut
TUE						
WED						
THU						
FRI						
SAT						
SUN						
TOTAL	0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID	0-3 Keep Trying 4-7 Good Effort 8-11 Excellent 12+ ACTIVE KID	0-9 Keep Trying 10-19 Good Effort 20-29 Excellent 30+ ACTIVE KID	0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID	24+ Keep Trying 16-23 Good Effort 8-15 Excellent 0-7 ACTIVE KID	12+ Keep Trying 8-11 Good Effort 4-7 Excellent 0-3 ACTIVE KID

**ACTIVE
KIDS
DIARY**



Don't forget to fill in your Active Kids Diary. Did you improve your scores from last week?

CONGRATULATIONS ON
COMPLETING
WEEK 5
OF THE ACTIVE KIDS
PROGRAM!

Sometimes Foods

Healthy Kids should limit the amount of “sometimes foods and drinks” they consume. Sometimes Foods include; crisps, lollies/sweets, cakes and soft drinks. Sometimes Foods do not provide the nutrients your body needs for growth and development. Sometimes Foods contain too much fat, salt and sugar. Do you remember the healthy food pyramid from Week 2 (page 4)? Switch to healthy meals and snacks like fruit, vegies, legumes, breads, cereals and pasta.

Soft drinks, fruit juices and cordials contain large amounts of sugar and energy, therefore it is recommended that you only drink these occasionally. Drinking too many soft drinks and cordials has been associated with poor dental health and tooth decay. A healthier option is to drink plain water. Water cannot be stored in the body so we need to drink it every day to stay healthy. Limit sweet drinks to 1 cup per day and aim to drink at least 5-6 cups of water per day to stay healthy.

ACTIVITY - HEALTHY SNACKS

Think about the different types of foods you **NORMALLY** eat. What do you normally eat for snacks? Draw a picture or write down the foods you normally eat for snacks below. Are your snack foods healthy?



DID YOU KNOW?

- Almost 60% of boys and 40% of girls have more than one high sugar drink per day!
- Did you know that the human body can last weeks without food, but only days without water?

PARENT INITIAL.....

	VEGIES Aim for 5 serves 1 serve = 1 carrot	FRUIT Aim for 2 serves 1 serve = 1 banana	WATER Aim for 5 glasses 1 serve = 1 glass	PHYSICAL ACTIVITY Aim for 60 mins 15 mins = 1 ball	TV/COMPUTER Aim for less than 2hrs out of school time 30 mins = 1 TV	SOMETIMES FOOD Aim for less than 2 serves 1 serve = 1 donut
MON						
TUE						
WED						
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FRI						
SAT						
SUN						
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ACTIVE KIDS DIARY



Don't forget to fill in your Active Kids diary. Did you improve your scores from last week?

CONGRATULATIONS ON COMPLETING WEEK 6 OF THE ACTIVE KIDS PROGRAM!

Staying Active

Being Active feels good and helps you stay healthy. Being Active simply means moving more. Here are some great ideas to help you Stay Active.

- Use bikes, trikes, skateboards and scooters to get to and from school every day
- Walk to the shops. Walk up stairs. Walk the dog
- Practise sport. Join a sports club
- Throw the frisbee. Throw a ball
- Do some swimming or dancing classes
- Visit your local sports centre
- Have a picnic in the park
- Play on the playground equipment
- Ride your bikes on the nearest path
- Go fishing
- Kick the ball around the yard
- Do some gardening



ACTIVITY-BRAINSTORMING

Brainstorm a list of all the local recreation, sports and play opportunities that are available for you and your family to participate in.

Draw a picture or write a list of these activities below.



PARENT INITIAL.....

DID YOU KNOW?

- Walking or riding to school can be a fun way to build a strong heart and bones.
- When playing on hard surfaces you could hurt yourself if you don't wear the right shoes.
- To choose the right shoes, the heel should feel firm when pressed, it should have a cushioned sole that bends at the toes, tight laces are better and only one thumb should fit between the end of the toe and the shoe.

VEGIES	FRUIT	WATER	PHYSICAL ACTIVITY	TV/COMPUTER	SOMETIMES FOOD
Aim for 5 serves 1 serve = 1 carrot	Aim for 2 serves 1 serve = 1 banana	Aim for 5 glasses 1 serve = 1 glass	Aim for 60 mins 15 mins = 1 ball	Aim for less than 2hrs out of school time 30 mins = 1 TV	Aim for less than 2 serves 1 serve = 1 donut
MON					
TUE					
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FRI					
SAT					
SUN					
TOTAL	0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID	0-3 Keep Trying 4-7 Good Effort 8-11 Excellent 12+ ACTIVE KID	0-9 Keep Trying 10-19 Good Effort 20-29 Excellent 30+ ACTIVE KID	0-7 Keep Trying 8-15 Good Effort 16-23 Excellent 24+ ACTIVE KID	12+ Keep Trying 8-11 Good Effort 4-7 Excellent 0-3 ACTIVE KID

ACTIVE KIDS DIARY

Don't forget to fill in your Active Kids diary. Did you improve your scores from last week?



CONGRATULATIONS ON COMPLETING WEEK 7 OF THE ACTIVE KIDS PROGRAM!

Healthy Meals

Try these Healthy Breakfast Ideas

- Scrambled Eggs
- Yoghurt or Fruit
- Fresh bread or toast with jam, tomatoes, cheese, baked beans or spaghetti
- Cereal (that's low in sugar) like porridge, muesli or weet bix

Try these Healthy Lunch Ideas

For sandwiches use grainy bread or rolls, flat bread, fruit loaf or buns, bagels, corn or rice cakes, turkish bread, crispbread or pikelets. Try these fillings:

- Salmon or tuna in spring water
- Reduced fat cheese or cheese spread
- Egg
- Falafel or lentil patties
- Sliced lean cold meats such as ham, turkey, chicken, lamb or beef with vegetables
- Grated carrot, lettuce or tomato

Try these Healthy Dinner Ideas

- Pasta – make a salad with lots of raw vegetables
- Rice – when making fried rice, minimise oil and add lots of steamed vegetables
- Veggie soups for the winter
- Roast different vegies with a dribble of olive oil
- Have a salad or a bowl of steamed vegies on the table with dinner
- Thread chopped and washed capsicum, pineapple and mushroom chunks onto a skewer and BBQ/grill

Try these Healthy Snack Ideas

- A platter of fruit or vegetables;
- Roll a banana in orange juice and coconut
- Freeze orange quarters or other fruits on hot days
- Cut up carrot sticks or celery. Serve with salsa / peanut butter / hummus dip.



ACTIVITY-HEALTHY DINNERS

Think about the different types of foods you **NORMALLY** eat. What do you normally eat for dinner? Draw a picture or write down the foods you normally eat for dinner below. Is your dinner healthy?



ACTIVE KIDS DIARY



Don't forget to fill in your second Active Kids survey. www.wyndham.vic.gov.au/activekids

CONGRATULATIONS ON COMPLETING **WEEK 8** OF THE ACTIVE KIDS PROGRAM!

VEGIES	FRUIT	WATER	PHYSICAL ACTIVITY	TV/COMPUTER	SOMETIMES FOOD
Aim for 5 serves 1 serve = 1 carrot	Aim for 2 serves 1 serve = 1 banana	Aim for 5 glasses 1 serve = 1 glass	Aim for 60 mins 15 mins = 1 ball	Aim for less than 2hrs out of school time 30 mins = 1 TV	Aim for less than 2 serves 1 serve = 1 donut
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DID YOU KNOW?

- More than half of children have twice the recommended daily intake of high fat, high sugar foods and drinks in their lunchbox!
- For healthy bones you should aim for 3 serves of dairy every day!

PARENT INITIAL.....

