



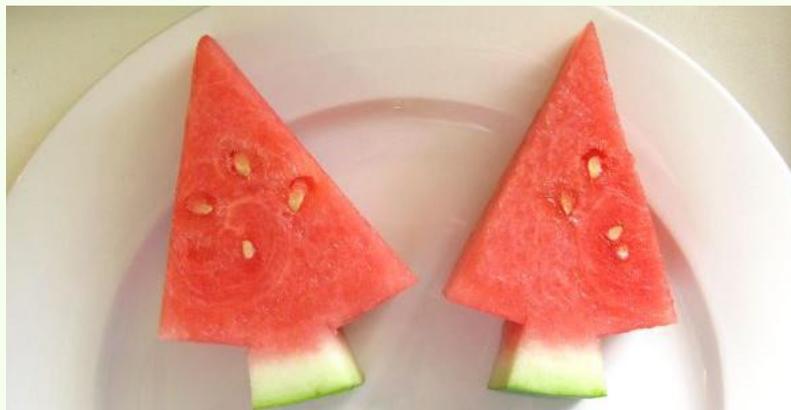
# Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

The year is almost over, and this is our Christmas/Year End Edition.

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## Watermelon Christmas

Fourteen more sleeps until Christmas!! There are a lot of good things to look forward to during the festive season; family, friends, presents... and of course food. There are many ways to include healthy food options on the Christmas menu. One idea from *Refresh.ED* is to have watermelon Christmas trees, and they are a refreshing choice as the temperatures are rising for summer. We suggest linking this idea up with our *Refresh.ED* unit [Year 1: Source- Wow a watermelon.](#)



### **Refresh.ED report card**

*Refresh.ED* has performed well in 2015. Since the beginning of this year, the *Refresh.ED* team has promoted *Refresh.ED* around Western Australia at a range of professional conferences, university pre-service teacher sessions, hands-on workshops and video conferences. In total we have presented to over 350 attendees. Feedback from these presentations has been positive. Teachers have expressed their enthusiasm towards the resources which has been reflected in the growing number of website visitors and registration. Currently we have 1458 registered users with more signing up every day!



### **Survey Feedback**

Thanks to all of you who completed our survey of *Refresh.ED* registered users. We received excellent feedback. Eight out of ten teachers who have used *Refresh.ED* reported it has transformed the content of food and nutrition lesson in their classrooms. One teacher said that *Refresh.ED* is a 'great way to introduce practicum teachers to nutrition education - it gives them ideas and lesson suggestions'. By using the resource, most teachers found their students have shown an increased interest in cooking or preparing healthy foods, while nearly all teachers reported students are more interested in examining their own food selections and eating habits. Students are enjoying the lessons, and the online and interactive links and resources were popular, says another teacher.

We would like all teachers and students to benefit from *Refresh.ED* so don't forget to spread the work about this excellent resource to your colleagues.

## Upcoming in 2016

In 2016, we plan to continue promotion and professional learning to help teachers get the best out of Refresh.ED. The first sessions will be conducted in February and March via Polycom through Catholic Education Office.

Our scheduled sessions are:

12 February (Friday) 8.30-10.30am: *Refresh.ED* online food and nutrition resources K-Yr 6

4 March (Friday) 8.30-10.30am: *Refresh.ED* online food and nutrition resources Yrs7-10

Contact us to enroll. Information about other sessions will be posted on the website and in *Refresh.ED* newsletters early next year. However expressions of interest in attending any of our professional development events can be sent to [refreshedschools@ecu.edu](mailto:refreshedschools@ecu.edu).



Merry Christmas and Happy New Year!

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health

