

'CELEBRATE' SEA Change #1



The first of weekly SEA Change updates about what's happening in your community.

Portland South Primary School's Marg Millard, has gained approval from School Council for zero junk food in lunchboxes in 2016.

The 'School's Wellbeing Network' has decided to showcase/share/celebrate together, their respective healthy eating/physical activity initiatives at their network meetings held once a term.

Portland District Health has announced it will fund ABA membership for new mothers, mums with Health Care Cards and second time mothers who have had difficulty breast feeding previously (and want to try again), who register to birth at PDH.

Belinda White (Tea Tree Gallery Café) has started a 'Foodies Group' Facebook site and a good proportion of the posts seem to be about healthier options.

Belinda's staff pick the Tea Tree Gallery's herbs fresh from one of the cafe's two (or three) Portland Community Garden plots.

Elsa McLeod Kindergarten has developed a consumer friendly/low literacy version of their 'Healthy Eating and Active Play Policy'.

The SEA Change community radio program, heard between one and two pm Mondays, has a community 'champion' in training.

Portland District Health dietitians set up displays in the three Portland supermarkets, to demonstrate the healthy grocery options compared to their less healthy counterparts as part of a Diabetes prevention initiative.

Portland Bay School has joined the 'School's Wellbeing Network' and is keen to implement a 'Health and Wellbeing Policy'.

Carrie Templeton displayed commonly purchased kids snacks and their corresponding sugar content, at the Portland District Health community market.

Thanks, Lindy (SEA Change Steering Group Member)

If you would like to include an update of your SEA Change activity, please forward to Lindy at lindy.stuchbery.pdh@swarh.vic.gov.au