

# Media Release

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## Otumoetai College kids organise nutrition week

A brussel sprout eating competition between students and teachers kick started Otumoetai College's Nutrition Week last month. Student Sharma Caldwell was the clear winner and happy to 'take one for the team'.

Students from across the college were involved in helping student health coordinator Tricia Tyrell and sports coordinator Paul Braddock to organise the week long event. "Students from the music department, media and theatre studies, sports council and food technology all had a part to play," says Tricia.

A variety of activities throughout the week encouraged the kids to eat healthily and be active.

"We had a chef doing cooking demonstrations assisted by the food technology students, fun activities such as the big jump rope which was run by the sports committee and of course teachers eating brussel sprouts was a huge crowd pleaser!" says Tricia. "We included other health related activities as well such as a smokefree quiz."

The week concluded with a healthy eating healthy action orientated exhibition in the main hall which included a stand from BOPDHB HEHA district coordinator Jessica Burke. The efforts of the students that had been involved during the week didn't go unnoticed as they were treated to a free healthy lunch.

"The exhibition was really popular with the kids. They could talk to a clinical dietician from the hospital as well as a diabetes nurse. Kaupapa Maori Dental Services also attended and gave away free toothbrushes. There was heaps of food for the kids to try

like pasta bake, stir-fry, pita pizzas and fruit platters. Around 150 students came through who had participated or helped in something during the week,” says Jessica.

This is the first nutrition week that the school has organised. It was such a success that Principal Dave Randall is keen to run one every year and ensure that the messages are reinforced throughout the school.

“It’s important that this is more than just an annual event and we have already made huge changes. Sales in the canteen have gone up since we improved the food to fit into healthy eating guidelines, the students love it,” he says.



*Otumoetai College students dress up to launch Nutrition Week*

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