

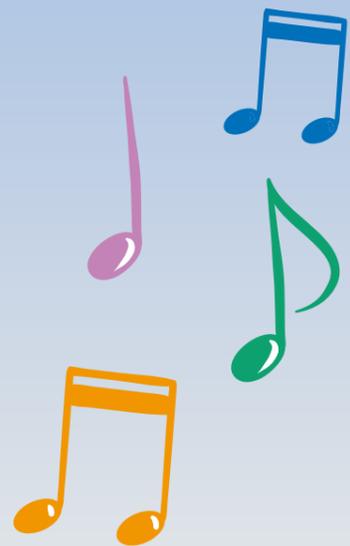
HEALTHY BONES ACTION WEEK OFFICIAL PROGRAM

7-13 AUGUST 2017

**DISCOVER
DAIRY**

HEALTHY
BONES
ACTION WEEK





WELCOME TO HEALTHY BONES ACTION WEEK!

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For any queries related to the Healthy Bones Action Week program, please contact us directly via schools@dairyaustralia.com.au

INTRODUCTION

August 7 – 13 is Healthy Bones Action Week!

Established in 1994, Healthy Bones Action Week is a national health education week designed to encourage all Australians to take three simple actions to prevent developing osteoporosis: consume calcium-rich milk, cheese and yoghurt; do regular weight bearing exercise and enjoy safe sunshine for vitamin D.

Dairy Australia has developed a program to give Australian primary school teachers and students a fun and engaging platform to learn about and practice this winning bone health formula.

For more information about Healthy Bones Action Week, visit www.dairy.edu.au/discoverdairy/teachers/healthy-bones

What are healthy bones?

Healthy bones are our body's foundation, providing support and structure and giving protection to our inner organs. Healthy, strong bones are important for leading long, active and independent lives.

Bones are living tissue, in a state of constant renewal, therefore building and maintaining healthy bones is a lifelong matter. The key ingredients for strong bones for life include weight bearing exercise, calcium-rich foods such as milk, cheese and yoghurt and vitamin D from safe exposure to the sun.

The skeleton acts like a storage tank for calcium. The best way to keep this storage tank filled is to include calcium every day to ensure there is enough to grow and keep our bones healthy. If the food and drinks we consume do not contain calcium, the body withdraws the stores of calcium from the bones to meet its needs. Not looking after your bones can increase the risk of osteoporosis, a disease where bones become brittle and are at high risk of fracture, later in life.

Your genes and lifestyle impact how strong your bones are. While you can't change the genes you were born with, you can adopt a 'bone-friendly' lifestyle no matter how old you are. How strong your bones are, depends on many different things including:

- Whether you eat enough calcium-rich foods to help bones grow or replace bone loss as you get older;
- How big your bones actually are (bone size, density and area);
- What the bone looks like inside (bone micro-architecture); and
- How much calcium has been deposited into the bone (the degree of bone mineralisation).

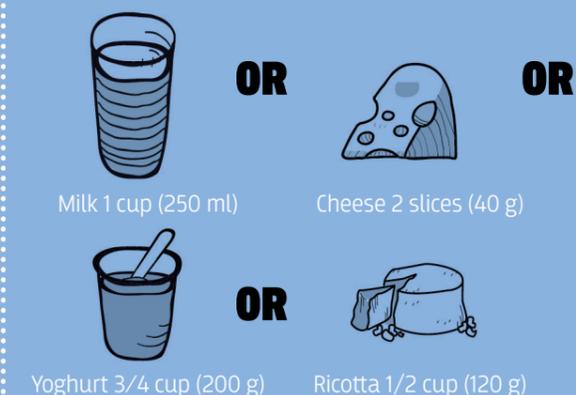
Throughout your life, your bones are constantly changing in shape and size. The changes are very small and slow, so you don't notice them. They will change as you grow and depending on your activities, such as sports and type of work, your bones will change to suit your environment.

Minimum recommended number of serves from the dairy food group

	Age (years)	No. of serves per day
Boys	4-8	2
	9-11	2 ½
	12-18	3 ½
Girls	4-8	1 ½
	9-11	3
	12-18	3 ½

Adapted from: 2013 Australian Dietary Guidelines. The dairy food group includes milk, cheese, yoghurt and/or alternatives (1 cup (250 ml) soy beverage or beverages made from rice or other cereals which contain at least 100 mg calcium per 100 ml).

One serve of dairy is equivalent to:



How to use this Program

This kit provides all the learning experiences to support your school's involvement in Healthy Bones Action Week, 2017.

It includes physical and fun ideas to support your class' involvement in investigating, exploring, experimenting, designing, creating and communicating their understandings about what's involved in building and maintaining healthy bones.

Teachers can use the following learning experiences to stimulate, support and inspire their Healthy Bones Action Week festivities. Enclosed you will find a fun and interactive game that can be played by children in the playground and outside of school to ensure continual reinforcement of the bone health messages.

This year we've introduced Australian singer Harrison Craig to help us creatively bring the bone health message to life. Harrison has partnered with Dairy Australia to help create an educational activity song that aligns with a skeleton hopscotch pattern. Through the song, we'll be teaching Aussie kids about the three actions required to build strong, healthy bones – calcium intake through milk, cheese and yoghurt, weight bearing exercise and enjoying safe sunshine for Vitamin D.

Highly interactive and motivational, the program caters for many learning styles and is tailored across different age groups.

The Healthy Bones Action Week program is supported by a selection of resources for teachers which are available to download from www.dairy.edu.au/discoverdairy. These resources contain extensive curriculum links and have been designed to complement teacher programming.

A MESSAGE FROM HARRISON CRAIG TO YOUR STUDENTS

A big welcome to all of the Australian students participating in Healthy Bones Action Week this year. I am so excited to be a part of this important week and congratulate you all for signing up.



Did you know the bones we build as kids and in our teenage years have to last us a lifetime? There are three easy steps we can take now to help us build and maintain healthy bones:

- Increase how much calcium you eat through milk, cheese and yoghurt
- Get plenty of exercise
- Spend time outside to get Vitamin D from safe sunshine

To ensure you and all your family and friends learn the key actions you need to take, we've developed a really cool way of spreading the message – through song!

It's no secret singing is one of my favourite things to do so I've worked with Dairy Australia to develop a tune about healthy bones that you can sing while hopscotching your way to healthy bones!

You can be active and learn – what a winning combination! The best part is, you can set up your hopscotch in the schoolyard, at home, anywhere in your local community, all you need is our special skeleton template and some chalk.

Have fun!

PROGRAM OVERVIEW

What is the Healthy Bones Action Week program for 2017?

This year, each participating school will receive the following:

- A skeleton template that can be drawn in chalk for children to hopscotch with
- The song lyrics for children to learn and later sing as they hopscotch in the schoolyard
- Chalk to create chalk drawings on key school walkways for children and parents to engage with on the way to school

In addition to these resources, the following will be available to download from the Healthy Bones Action Week page on the Discover Dairy website:

- Happy, Healthy Bones backing track
- Happy, Healthy Bones film clip

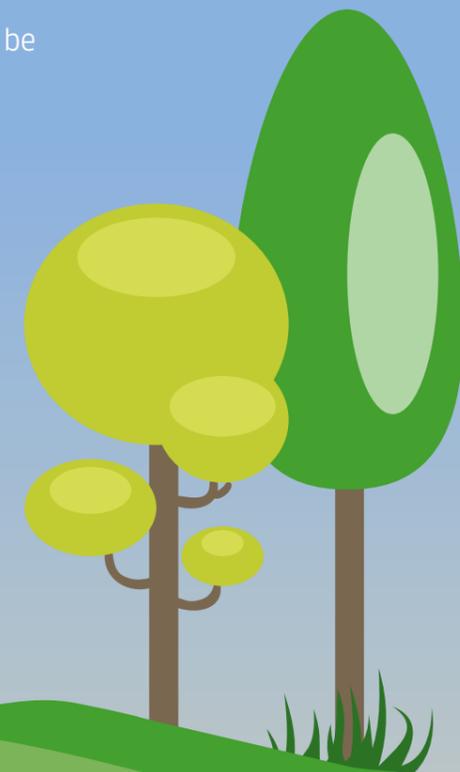
The learning focus is slightly different for each year level, and will roll out as follows:

- **Foundation – Year 2:** simple hopscotch and song
- **Years 3 and 4:** more complex skipping pattern, challenging games and song
- **Years 5 and 6:** skipping pattern and challenging games with added skipping rope and song

An information module coinciding with the above age groups can be found on the Healthy Bones Action Week website:

www.dairy.edu.au/discoverdairy/teachers/healthy-bones

In addition to the educational song, students will be asked to submit photo and video content to Dairy Australia to highlight their participation in Healthy Bones Action Week.



LEARN THE HBAW SONG!

Before you head out into the playground, teach the class about the importance of calcium, exercise and Vitamin D for growing healthy bones with the Happy, Healthy Bones song!

Created by Harrison Craig from The Voice, the song has been designed to be catchy and easy for students to learn, as well as help teach them all the things they need to know about growing and maintaining strong bones for life.

If possible, we recommend downloading the film clip from www.dairy.edu.au/discoverdairy/teachers/healthy-bones and showing it in class. Kids can learn to sing along as the lyrics are displayed on screen. The lyrics are also included in this booklet.

A backing track for the Happy, Healthy Bones song can be downloaded from the Healthy Bones Action Week page of the Discover Dairy website too, and sheet music is included further along in this resource.

Extension opportunity!

As the class is learning the song, introduce them to some other information about growing strong, healthy bones.

There are additional curriculum linked resources available on Discover Dairy to further help with lesson planning and other classroom activities. These include:

- [Building Strong Bones](#)
- [Grow Your Dairy Intake](#)
- [Bone Basics](#)
- [Unbeatable Bones with Dairy Foods](#)
- [Fast facts](#)
- [Nutrition for Bone Health](#)
- [Australia Dietary guidelines and the five food groups](#)
- [Powering Active Kids Recipe Book](#)
- [Build-a-Skeleton interactive](#)



HEALTHY, HAPPY BONES!

Verse 1

Our bones need three things, everyday
Exercise, Vitamin D and calcium, yay!
Hop, skip and jump in the sun
Follow this up with some dairy, so yum!

Chorus

Aussie kids, want to build their bones
Keep them strong, and help them grow
Remember to give them the 1,2,3
Exercise, calcium and vitamin D

Verse 2

Get the calcium you need the easy way
Have yummy dairy foods, every day
Go on and give your bones what they need,
Calcium every day from milk, yoghurt and cheese.

Chorus

Aussie kids, want to build their bones
Keep them strong, and help them grow
Remember to give them the 1,2,3
Exercise, calcium and vitamin D

So yum!



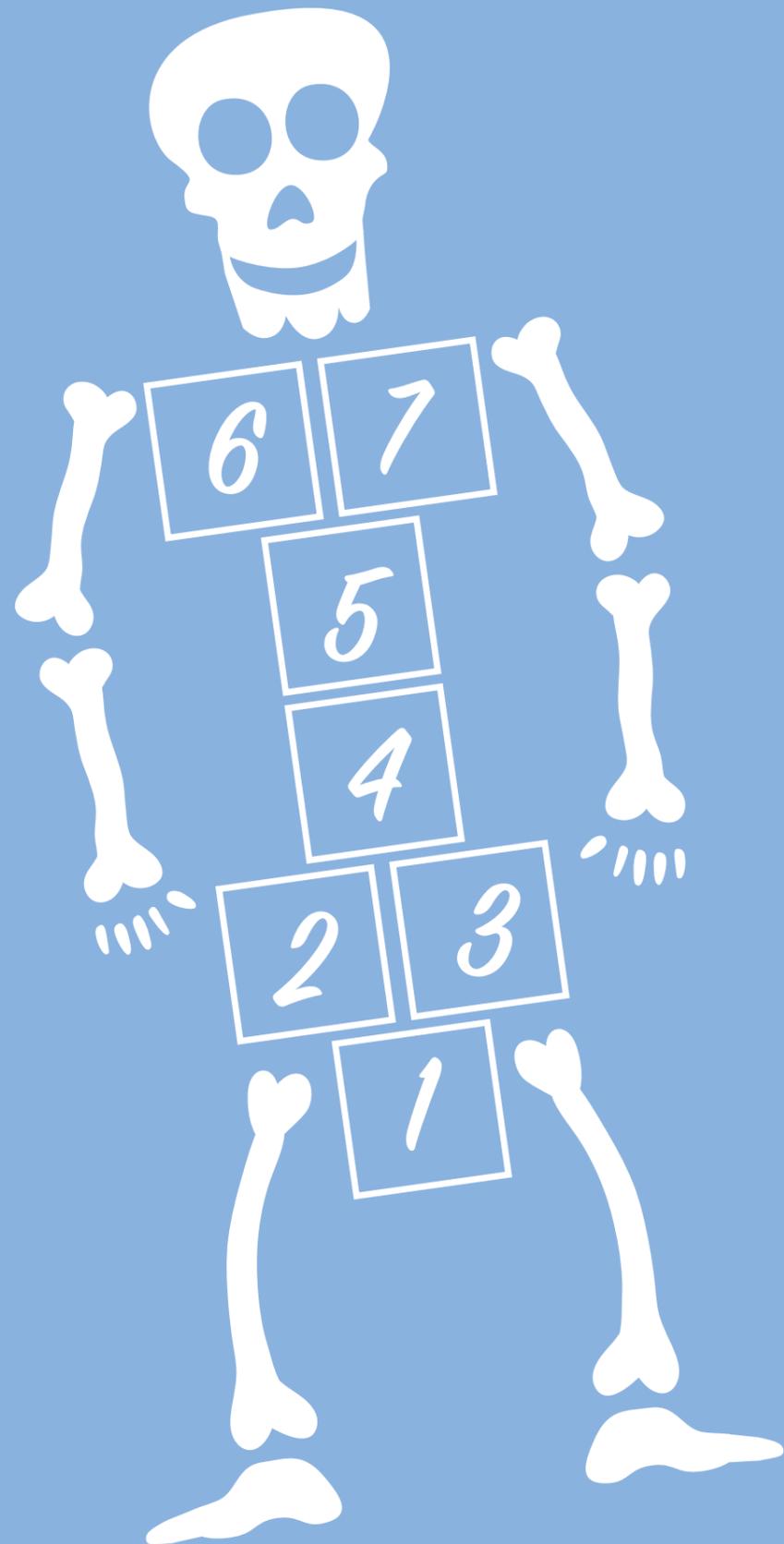
HAPPY, HEALTHY BONES!

Melody

The musical score is written for a piano and voice. It consists of six systems of two staves each. The key signature is three sharps (F#, C#, G#) and the time signature is 4/4. The melody is written in the upper staff of each system, and the piano accompaniment is in the lower staff. The melody is a simple, cheerful tune with a mix of quarter, eighth, and sixteenth notes. The piano accompaniment provides a steady rhythmic foundation with chords and single notes.



SKELETON HOPSCOTCH



IN THE PLAYGROUND

Use the chalk provided in the Healthy Bones Action Week kit to trace the skeleton hopscotch template in the playground. Students are encouraged to have a go at testing their hand-eye coordination and tracing the skeletons themselves.

Each classroom kit includes all the elements you need to create the skeleton hopscotch, including:

- 1 x square
- 1 x arm bone
- 1 x skull
- 1 x leg bone
- 1 x foot

The steps:

1. Trace around the square template to create the hopscotch, then complete the numbers in each square
2. Place the skull at the top of the completed hopscotch and trace around the outside, the eyes and the smile
3. Use the arm bone twice on each side to create the skeleton's arm. Flip the template to reverse the angle and create the second arm
4. Draw out four fingers and one thumb to create each hand
5. Place the leg template in line with the top of the first hopscotch square and trace around the outside. Flip the template to reverse the angle and create the second leg.
6. Trace each foot to complete the skeleton!

Time to play!

An outline of suggested activities for different year groups is below. These activities are designed to help kids absorb the message that it's not only calcium from milk, dairy and cheese that helps makes bones strong, it's also important to get plenty of Vitamin D from sunlight and participate in regular weight bearing exercise.

Getting outside into the sunshine and playing a fun, accessible exercise like hopscotch or skipping is a great way for kids to help grow strong, healthy bones that will last well into adulthood.

Remember, encourage the children to sing along to the Happy, Healthy Bones song while they jump, skip and play!

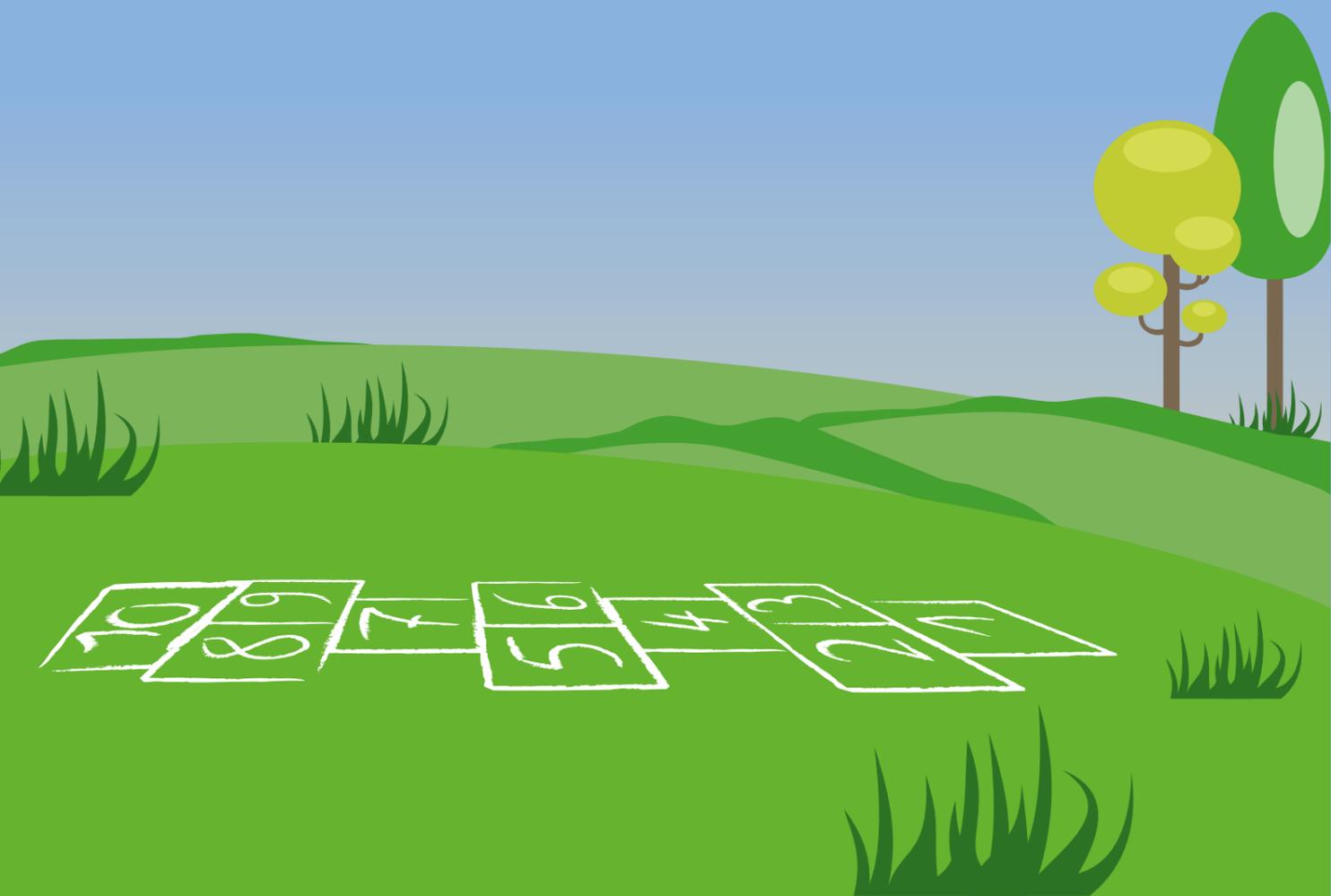
FOUNDATION – YEAR 2

Classic hopscotch game

Younger age groups will benefit and learn from playing the hopscotch exactly the way it's traditionally been played. Encourage kids to hop on one foot through the single squares, then land with two feet when they hit double squares. Once they get to the skeleton's head, flip around and hop on back to the start!

Musical squares

In this fun variation on musical chairs, the children hop up and down the hopscotch, trying to complete it before the music stops! If the music stops, they're stuck on that square until it starts up again – even if it's a single square and they're left balancing on one leg! Use the Healthy, Happy Bones song for this, and encourage the kids to sing along as they play too.



Curriculum linkages

Foundation		
Health & PE – personal, social and community health	Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy	ACPPS003
Health & PE – Contributing to Healthy and active communities	Identify actions that promote health, safety and wellbeing	ACPPS006
Health & PE – Movement and physical activity	Practice fundamental movement skills and movement sequences using different body parts	ACPMP008
	Participate in games with and without equipment	CPMP009
Health & PE – Understanding movement	Explore how regular physical activity keeps individuals healthy and well	ACPMP010
Health & PE – Learning through movement	Cooperate with others when participating in physical activities	ACPMP012
	Follow rules when participating in physical activities	ACPMP014
Year 1 – 2		
Health & PE – personal, social and community health	Recognise situations and opportunities to promote health, safety and wellbeing	ACPPS018
Health & PE – personal, social and community health	Explore actions that help make the classroom a healthy, safe and active place	ACPPS022
Foundation		
Health & PE – personal, social and community health	Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy	ACPPS003
Health & PE – Contributing to Healthy and active communities	Identify actions that promote health, safety and wellbeing	ACPPS006
Health & PE – Movement and physical activity	Practice fundamental movement skills and movement sequences using different body parts	ACPMP008
	Participate in games with and without equipment	ACPMP009
Health & PE – Understanding movement	Explore how regular physical activity keeps individuals healthy and well	ACPMP010
Health & PE – Learning through movement	Cooperate with others when participating in physical activities	ACPMP012
	Follow rules when participating in physical activities	ACPMP014
Year 1 – 2		
Health & PE – personal, social and community health	Recognise situations and opportunities to promote health, safety and wellbeing	ACPPS018
Health & PE – personal, social and community health	Explore actions that help make the classroom a healthy, safe and active place	ACPPS022

YEARS 3 AND 4

Miss a square

Encourage the children to throw something soft – like a small bean ball – into one of the hopscotch squares. They then need to avoid that square the whole way up and back through the hopscotch. To add to the challenge, aim for one of the squares that makes up a double, or one of the end squares.

Odds & evens

Incorporate some maths teachings with this tricky game! Students can only jump on odd or even numbers for the whole hopscotch course.

Curriculum linkages

Year 3 – 4		
Health & PE – personal, social and community health	Identify and practice strategies to promote health, safety and wellbeing	ACPPS036
Health & PE – Movement and physical activity	Practice and refine fundamental movement skills in a variety of movement sequences and situations	ACPMP043
	Practice and apply movement concepts and strategies with and without equipment	ACPMP045
Health & PE – Understanding movement	Examine the benefits of physical activity to health and wellbeing	ACPMP046
Health & PE – Learning through movement	Apply innovative and creative thinking in solving movement challenges	ACPMP049
Health & PE – Contributing to Healthy and active communities	Describe strategies to make classroom and playground healthy, safe and active spaces	ACPPS040

YEARS 5 AND 6

Add a skipping rope

Years 5 and 6 will love all of the games we've outlined for the younger age groups: musical squares, miss a square and odds & evens. To make these challenges even trickier, encourage older kids to complete the games while skipping with a skipping rope.

Curriculum linkages

Year 5 – 6		
Health & PE – personal, social and community health	Investigate community resources and ways to seek help about health, safety and wellbeing	ACPPS053
	Plan and practice strategies to promote health, safety and wellbeing	ACPPS054
Health & PE – Contributing to Healthy and active communities	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities	ACPPS058
Health & PE – Learning through movement	Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges	ACPMP068
Health & PE – Movement and physical activity	Practice specialized movement skills and apply them in a variety of movement sequences and situations	ACPMP061

Please note: In the Australian Curriculum, this learning resource has activities in Health & Physical Education. It may also have opportunities to integrate the Australian Curriculum's General Capabilities.

OTHER IDEAS

To enhance the student learning experience, schools are encouraged to involve the broader community in the program, including families and community members.

Below are examples of how to include other students and the wider community on board with Healthy Bones Action Week.

Healthy Bones Action Week at home

- The skeleton template is available to download at Discover Dairy (www.dairy.edu.au/DiscoverDairy) for students to create their own hopscotch drawings at home
- Walking to school and creating chalk drawings en route
- Teach the song to parents and other family members and sing along at home

Healthy Bones Action week at school and in the community

- Have a dairy themed dress up day at school
- Have a dairy themed bake sale
- Cooking classes using dairy products
- Develop dairy recipes in class with students and get them to make them at home
- Get students to undertake an audit of the dairy foods in their lunchbox or fridge at home
- Invite a guest speaker to the school to talk about the health benefits of dairy foods (such as a dentist, dietitian or GP)
- Visit a dairy farm or manufacturer
- Have a dairy farmer visit the school

USEFUL WEBSITES

For teacher resources linked to the Healthy Bones Action Week program, please visit the website: www.dairy.edu.au/discoverdairy/teachers/healthy-bones

Check these out too...

Dairy Australia

www.dairyaustralia.com.au

Legendairy

www.legendairy.com.au

Australian Dietary Guidelines

www.eatforhealth.gov.au/food-essentials

www.eatforhealth.gov.au

Food Standards Australia New Zealand

www.foodstandards.gov.au

Nutrition Australia

www.nutritionaustralia.org

Osteoporosis Australia

www.osteoporosis.org.au/

www.healthybonesaustralia.org.au/

Healthy Kids Association

www.healthy-kids.com.au/

Life Education

www.lifeeducation.org.au/



Dairy Australia is the industry-owned national service body, investing in essential research, development, extension and industry services across the dairy supply chain to attain the best outcomes for farmers, the dairy industry and the broader community. This investment helps support and build a sustainable and internationally competitive industry.

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