



IT'S *your move* — HOW to GUIDE

Featuring
LANYON AND
CALWELL HIGH
SCHOOLS

How to transform your canteen dining space



STUDENT INNOVATION FOR HEALTHIER HIGH SCHOOLS

health.act.gov.au/itsyourmove
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WHAT'S THE ISSUE?

Many high schools and colleges in Canberra are promoting healthy food through their canteens.

Some schools have identified the need to create a comfortable area for sit down meals to support these healthy canteen changes.

A dedicated dining space can bring 'cafe culture' into the high school and college settings to enable students to sit down and enjoy healthy meals, snacks and drinks.

WHAT'S BEEN DONE?

Lanyon and Calwell High Schools have created new appealing dining spaces to:

- » promote healthy meals
- » encourage positive social interactions
- » give their canteens a competitive edge.



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CASE STUDY: CALWELL HIGH SCHOOL



boyandgirlco
Bakulabak, Repurpose, Rebuild.

Calwell High School worked with IYM and boyandgirlco to create a funky cafe style fit out for their canteen space, using recycled materials. Here are some tips from Calwell High and boyandgirlco to help your school do the same.

CREATING A DINING SPACE FROM RECYCLED MATERIALS

Schools can create an inviting dining space without spending a lot of money. Students or volunteers can participate in the entire process, from design, sourcing, building and installation. Using recycled materials is very popular with cafes around Canberra.

THE COST

\$2000–\$11,000. This depends on how much of the work and materials you pay for and how much is donated and built for free.

Option 1: student or community build

Cost - up to \$2000

With free materials, existing tools and students or volunteers to build, you only need to cover the costs of the fixings (screws and nails) and materials such as sealers, varnish and paints. Work out how much of these materials you need for your budget. Shop around to get a good price or ask parents or local businesses if they can donate materials and tools.

Option 2: outsource the build

Cost - \$5000 and up, depending on supplier and scope of works.

If you have funding available, you may decide to approach contractors for the design and build.



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CASE STUDY: CALWELL HIGH SCHOOL

HOW CAN YOUR SCHOOL DO IT?

STEP 1 DESIGN YOUR SPACE

- » Consult, chat, survey or interview students and staff to get ideas for your space.
- » Download free design software online such as Sketch Up. Or hand draw designs for the pieces of furniture and the space.
- » IYM has a series of build-it sheets available with ideas and instructions on how to build pieces of furniture for your dining space (www.health.act.gov.au/itsyourmove)
- » If you add additional pieces, make sure they are easy to build and can be built using only a drill, an impact driver, a hammer, nails/screws and a drop saw.
- » If you get stuck, the internet has tutorial videos. Go to Youtube and search for 'how to make pallet furniture', or 'how to upcycle a door', for example.

STEP 2 SOURCE MATERIALS

- » Use materials that are free or purchased second hand. An old door can be a table, a wall feature or anything you can imagine.
- » Look for pallets, cable rollers, old doors and milk crates.
- » Only take materials that you've asked for. Many businesses are happy to part with things they don't need anymore to save on waste removal costs.
- » Businesses in industrial areas of Canberra like Mitchell, Hume, Fyshwick and Queanbeyan are great sources of materials. Examples include car dealerships and hardware outlets. Drive around one of these suburbs, spot materials, go in and ask whether you may take them.
- » Visit The Green Shed recycling centres in Mitchell and Mugga Way for building materials and second hand furniture such as chairs, benches and tables. The Green Shed will provide items to IYM schools at no cost. Email itsyourmove@act.gov.au to find out how to take up this offer.



Download the build-it sheets for step by step instructions on how to make each piece of furniture: health.act.gov.au/itsyourmove

STEP 3 BUILD THE FIT-OUT

There are several options on who can build the fit out:

- » A wood technology class.
- » Local community groups such as men's sheds.
- » The school community through working bees with parents/carers/staff.
- » An outsourced company like boyandgirlco.

If you are building in-house, use the IYM build-it sheets at www.health.act.gov.au/itsyourmove and try to limit the number of skills, techniques and tools you need.



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CASE STUDY: LANYON HIGH SCHOOL

Lanyon High School worked with IYM and GH Constructions to develop a new vibrant dining space, pop-up breakfast bar and mini music stage.

The Lanyon IYM team identified that students were bringing unhealthy food to school. They set up a pop-up breakfast bar to provide healthy options at an affordable price. They also developed a new dining space that has appealing furniture, a funky paint job and a mini music stage. The team consulted with the whole school to determine needs and wants, using the school newsletter and social media to gather interest. They used existing skills within the school for design and looked online for inspiration from cafes and other canteens. They sought a range of quotes to produce the furniture. Some of the construction work, such as the stage, was built by the school community. As students and the wider community have been involved throughout the process, the space is cared for and valued. With more students using the space, traffic to the canteen has increased, encouraging them to provide healthier choices.

Now the space is used for a whole range of great activities:

- » The canteen has launched new menu items using school grown ingredients.
- » The hospitality class has set up a pop-up breakfast bar to sell hot drinks to students before school in winter. They will also sell fresh juice in summer using a donated juicing machine and plan to sell basic breakfast items e.g. make your own toast, muffins, yoghurt etc.
- » The music class provides informal music performances.
- » Students and staff can come together in an informal environment.
- » The Youth Support Worker coordinates lunch time activities such as trivia quizzes, craft activities and board games.
- » A Fit for Life senior elective class has been created. Students learn about health promotion and develop the school veggie garden to supply the canteen.



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IYM PRINCIPLES

- » Invite school leaders and teachers to become involved, support or be role models.
- » Try and get parents, local businesses or local champions involved.
- » Look for ways to embed changes into the school system for long term benefits.
- » If something is working, continue to build and improve it. If something is not working, change it or start again.

IYM WEBSITE RESOURCES

www.health.act.gov.au/itsyourmove

- » IYM Design Thinking for Health: information and learning materials.
- » IYM Safe Cycle for High Schools: curriculum resource.
- » IYM How-to Guides for examples of great projects in other schools.
- » IYM Food&Me nutrition curriculum resource.
- » Suite of photos, templates and key messages to use in your promotional materials.



HELP FROM OUR PARTNERS

Visit The Green Shed to get your dining space project underway. IYM schools can find items such as building materials or second hand furniture, at no cost. The Green Shed is at two convenient locations - Mugga Lane and Mitchell. Contact itsyourmove@act.gov.au for details on how you can access this support.

THE GREEN SHED



BOYANDGIRLCO ARE HAPPY TO COME TO SCHOOLS FOR A FREE HALF HOUR TUTORIAL. CONTACT ITSYOURMOVE@ACT.GOV.AU TO ARRANGE.



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It's Your Move is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community.

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