

MEDIA RELEASE

Mortdale Students Show That A Good 'Fruit Fix' Could Save The Earth

The school year at Mortdale Public School has taken a healthy and green start with their innovative 'Fruit Fix' program.

Students throughout the whole school are encouraged to bring low-waste, healthy lunches. This includes refillable drink bottles of water instead of sweet drinks.

Students are also asked to bring fruit and healthy foods in reusable, recyclable or compostible containers, rather than processed snacks or lunches wrapped in plastic and foil.

The incentives include competitions to win a range of prizes, many of which have an educational or healthy message. Students have also conducted a waste audit of the entire school, with the help of the Royal National Park Environmental Education Centre and Kogarah Council, to help identify areas for improvement.

Late February saw the pinnacle event of the program with the official school launch day. Students came to school dressed in pyjamas for a healthy breakfast activity.

The school was then treated to an exciting environmental performance by 'Captain Compost' and the Wollongong Botanic Gardens Theatre group, who taught the students how to use their new composting system. This was followed by an official name-changing ceremony, where 'Recess' was transformed into 'Fruit Break'.

St Georges Dragons rugby league player Charlie Leano and Councillor John Mikelsons made guest appearances to inaugurate the ceremony. The rest of the day was spent learning all about how to care for our environment through a range of fun activities in each class

The program was stimulated by funding from the WSN Grass Roots sponsorship scheme, announced late last year. Kogarah Council would like to use the success of this educational and fun pilot program to inspire similar projects in other primary schools of the Kogarah LGA.

If you have an idea for an environmental program in your local school, please contact the Waste Education Officer, **Tanya Rajaratnam** on **9330 9563**.





** Mortdale Public School students with members of the Captain Compost group, St George Illawarra player, Charlie leano and Kogarah Councillor John Mikelsons.*

Civic Centre
2 Belgrave Street
KOGARAH 2217

Public Relations Unit
Fax – (02) 9587-5779
Alan George – (02) 9330-9504
Jacinta Sutherland – (02) 9330 9424

Postal Address
Locked Bag 8
KOGARAH 2217