

# Guidelines for Hosting: 'The Amazing Army' Kid's Health Show

1. **What is 'The Amazing Army' Kid's Health Show?** A health workshop for children in Prep to Grade 2 (4 to 7 year olds), designed to achieve curriculum outcomes for nutrition, and to strengthen children's immune systems via healthy eating habits. Created and presented by Louise Elliott.
2. **About the Presenter:** Louise Elliott holds a Bachelor of Science (Human Movement Science) and is a 'Master Trainer' through the Australian Institute of Fitness. Louise is a professional health writer, former editor of Options health magazine, the current Food Contributor to Coast Kids magazine, and is author of 'The Superfruit Juice Book'. She holds a current Blue Card through 'The Commission for Children and Young People and Child Guardian' (#610519/2, Exp 2-Jun-2011). Louise is a dedicated mother and health advocate.
3. **The Show message** Fruit and vegetables contain special nutrients that make bodies healthy and immune systems strong. Sweet and treat food (junk food) weakens the immune system. Children are encouraged to eat colourful fruit and vegetables daily, plus reject junk foods.
  - 3.1. The storyline – This is the story of Captain Immune™ and his Amazing Army™ inside our body (representing the Immune System) who fight Bad Bugs™ (germs/viruses). Major Energy™ delivers power to The Amazing Army™ through colourful fruit and vegetables. A villainous spy called Sneaky Sweetie™ (representing junk food) is enlisted by the 'Bad Bugs', because her 'sweets & treats' zap power from the Amazing Army.
  - 3.2. Interaction - Students are selected to dress up as the characters and the class sings and dances to the character anthems.
  - 3.3. Fruit and Vegetable Feast – At the end of the Show students will have the opportunity to 'energise' their Amazing Army by feasting on colourful fruit and vegetables. Students will be asked to bring to class a fruit and vegetable to share. Some spare fruit and vegetables will be supplied; on occasion a local community Green Grocer may donate it. A template Parent Permission Form will be supplied to identify any allergies.
4. **Positive reinforcement after the Show**
  - 4.1. Parent Information Letter - It is the aim of the Show to reinforce healthy eating habits at home. Therefore, parents will receive a Parent Information Letter [supplied] that explains what their child has been taught during the Show. As parents realise that their child is now eager to eat fruit and vegetables (as well as reject junk food) it makes for easier and healthier mealtimes and lunchbox preparations!
  - 4.2. 5-day Healthy Eating Goal Sheet - Students will receive a take-home '5-day Goal Sheet' [supplied], to reinforce the message and continue healthy eating habits. It requests the child eat colourful servings of fruit and vegetables every day, as well as resist junk food. Parents are required to acknowledge each day's achievement with their signature.
  - 4.3. Amazing Army Award – Once the 5-day Healthy Eating Goal sheet is completed, it is returned to the Class teacher who then presents the student with an 'Amazing Army Award' [supplied].
5. **Requirements** A volunteer to slice up the fruit and vegetables (e.g. a parent/Teacher's Aid)
6. **Fees** \$5.50 per child invoiced to the Centre. Price includes a professional presentation; a 5-day Goal Healthy Eating Chart, a Major Energy Award, a Parent Information Letter; plus a template parent permission slip and extra fruit and vegetables.
7. **Terms of Payment** 14 days. Payment by electronic transfer, cheque or cash (details supplied on invoice).
8. **Show times** Presentations take approximately 1 hour.
9. **Maximum numbers** Shows are presented to one class at a time with a maximum of 30 students. Minimum numbers may apply.
10. **Cancellations** For cancellations made within 5 days of the booking date, and if *not* rescheduling within that school year, a cancellation fee equivalent to 50% of scheduled fees may apply.