

Hosting Guidelines: 'The Amazing Army' Kid's Nutrition 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.
2. **About the Creator and 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 Australia's Options health 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-11). Louise is a dedicated mother and health advocate.
3. **The Show's message:** Fruit and vegetables contain special nutrients that make the Amazing Army powerful (bodies healthy, brains bright and immune systems strong). Sweets and treat food (junk food) weaken these. Children are encouraged to eat colourful fruit and vegetables daily, and save treats for special times only.
 - 3.1. The storyline – This is the story of *Captain Immune and his Amazing Army™* who live inside our body (representing the Immune System); they fight *Bad Bugs™* (germs/viruses). *Major Energy™* delivers power to The Amazing Army™ via colourful fruit and vegetables. A villainous spy called *Sneaky Sweetie™* (representing junk food) is enlisted by the 'Bad Bugs' as her 'sweets & treats' weaken the Amazing Army™.
 - 3.2. Children involvement - Students are selected to dress up as the characters and the whole class sings and dances to the character anthems.
 - 3.3. Fruit and Vegetable feast – At the end of the Show students will sit in a circle with serviettes (supplied), ready to 'power-up' their Amazing Army on platters of colourful fruit and vegetables. The students will be asked to bring a fruit and vegetable to share on the day. Some spare fruit and vegetables will be supplied; on occasion a local community Green Grocer may donate it.
 - 3.3.1. A template Parent Permission Form will be supplied for attendance purposes and to identify any allergies. It is the responsibility of the teacher and not of Louise Elliott to ensure that any child identified with food allergies is excluded from eating that particular produce.
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. When parents realise their child eagerness to now eat fruit and vegetables, as well as reject junk food, lunches and mealtime preparation should be much easier!
 - 4.2. 5-day Healthy Eating Goal Chart - Students will receive a take-home '5-day Goal Chart [supplied], to reinforce the message and continue healthy eating habits. It requests that the child eat different coloured fruit and vegetables every day and to tick off each day's achievement.
 - 4.3. Amazing Army Award – Once the 5-day Healthy Eating Goal chart is completed, it is returned to the Class teacher who then presents the student with a 'Major Energy Award' [supplied].
5. **Requirements** A volunteer or teacher aid to slice up fruit and vegetables.
6. **Fees** (include a professional presentation; Parent Permission Slip (template); quality-printed Parent Information Letter, 5-day Goal Healthy Eating Chart, Major Energy Award; and extra fruit and vegetables):
 - 6.1. Single class booking \$6.50 per student.
 - 6.2. Year level booking \$5.50 per child when booking an entire year level, for example, all Grade 1 classes.
 - 6.3. School booking (bonuses) \$5.50 per child when booking all Prep to Grade 2 classes. It is permissible to host year level Shows at varying dates during the year to suit learning schedules; however, the bonuses will only be distributed once all Shows have been presented and 'School Booking' must be indicated at the initial time of booking.]
Bonuses for School Booking
 - 6.3.1. Receive a donation for the school's P&C Association, equivalent to \$1 per child attending.
 - 6.3.2. Receive a framed "Queensland Healthy School" certificate, awarded for proud display and noted on our website www.LouiseElliott.com.au.
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** If not rescheduling within that school year, a cancellation fee equivalent to 25% of scheduled fees may apply for cancellations made within 2 weeks of the booking date.

