‘Walking the Talk’ at East Wanneroo PS

Healthway Healthy Schools grant case study

East Wanneroo PS ‘Walk and Talk’ initiative is a whole-of-school wellbeing project designed to support students to move more during the school day, eat healthy, and enhance mental wellbeing. The program includes a walking club that encourages social connection, staff capacity building, and education sessions for students and parents, all contributing to a supportive and health-promoting school environment.

Jake Ferguson, PE teacher at East Wanneroo PS is the brainchild behind the project, and in 2025 was successful in receiving a Healthway Healthy Schools Program grant which aims to embed preventative health strategies within the school setting.

Foodcore’s Fuel to Go & Play® team were engaged to support the program and increase food literacy of students and staff. Two interactive sessions were delivered to support a whole school approach, including:

- ***Fuel Your Body*** session where students learnt how nourishing food and drinks can help them grow, learn and perform at their best! Each student received a nutritious snack and a Fuel Your Body booklet

- ***Food and Mood*** nutrition education session tailored for school staff and teachers to support them with their health and wellbeing. Teachers also received a nourishing snack.

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"We are a happier and healthier community as a result of receiving the Healthway grant and delivering this project. Thanks to the Fuel to Go & Play team for being part of it and delivering such fun and engaging sessions. "
Jake Ferguson - PE teacher, East Wanneroo PS

Funding up to $5,000 is available for all WA public schools to use towards projects that promote the health and wellbeing of students and the school community. For more information visit https://www.healthway.wa.gov.au/healthy-schools-program/

healthway

For more information on how Foodcore can support your school as part of a Healthway Healthy Schools program email foodcore@education.wa.edu.au.