

Have an Aussie Apple a day

MEDIA RELEASE

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KOORLONG PRIMARY SCHOOL DECLARED AUSTRALIA'S HEALTHIEST SCHOOL

Koorlong Primary School has won a search by Aussie Apples and Channel 9's Today Show, for Australia's Healthiest School. The prize of \$25,000 is well deserved and much needed by this small school, located just outside of Mildura.

The winner of the Australia's Healthiest School competition was announced on the Today Show, Thursday 29 May. Steve Jacobs, the Today Show's weather presenter will be at Koorlong Primary School on Monday 2 June to present the \$25,000 cheque.

To enter, schools from around Australia were invited to prepare a 60-second video, explaining why they deserve to be named Australia's Healthiest School. The only criterion was that, somewhere in the video entry, the school must feature Aussie apples.

Koorlong Primary School's winning entry featured the students caring for the school's vegetable garden, playing sport, and of course, eating lots of apples. It also recognised other important health messages, like applying sunscreen when playing outdoors.

The Principal of Koorlong Primary School, Mr Ian McMahon said the win has given the school, and the community a real boost.

"We hosted a special breakfast on Thursday morning, and when Koorlong Primary School was announced as the winner, a huge cheer went up. We're very proud of the students and the effort they put into this really worthwhile project. I don't think we'd ever used a video camera at the school before, let alone editing equipment. Our students deserve to be proud of this terrific achievement," said Mr McMahon.

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Australia's Healthiest School/page2

While the school hasn't decided how they will use the money, it may go toward much-needed school and sporting supplies.

Mr Tony Russell, General Manager of Apple & Pear Australia said the Australian apple industry is very pleased to offer this worthwhile prize, and to see how many healthy and creative schools there are around Australia.

“The search for Australia’s Healthiest School is a part of an education campaign that encourages Australians to enjoy an apple a day, because according to the latest research, apples really can help keep the doctor away,” said Mr Russell.

Apples have the highest antioxidant content of all popular fruits and are one of the few fruits with proven disease protection benefits.

Compared with a muesli bar in your lunch box, an apple gives you less than half the kilojoules, 20 times less fat, around twice the dietary fibre and around a third of the salt. By simply switching from a muesli bar to an apple in your lunch box three days a week, you will save almost 25,000 extra kilojoules over the course of a year.

“Currently Aussies only eat around an apple a week, so we have plenty of room for improvement,” said Mr Russell. “We hope that, by celebrating Australia’s Healthiest School, we also inspire our kids to enjoy more apples in the process.”

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