

2020 Active Kids

Information Sheet

Active Kids is a Wyndham City initiative designed to encourage healthy eating habits and increased physical activity in children aged 8 - 10 years. Active Kids continues to grow each year with 21 schools and over 3000 students taking part in 2019.

The program is offered FREE to all primary schools across Wyndham! **Please return EOI by Tuesday 10 December 2019** to secure your school's place in the 2020 Active Kids Program!

WHY SIGN UP TO THE ACTIVE KIDS PROGRAM?

Active Kids seeks to address health issues, such as increasing levels of childhood obesity and diabetes.

Research has shown that:

- In 2014-2015, 11.2mil Australians were overweight or obese (63% of adults, 26% of children);
- Obesity is a leading cause of premature death and illness in Australia;
- Obesity has become the single biggest threat to public health in Australia;
- On the basis of present trends we can predict that by the time they reach the age of 20 our kids will have a shorter life expectancy than earlier generations simply because of obesity;
- More than 1 million Australians suffer from diabetes;
- Health disorders in children like type 2 diabetes, high blood pressure, asthma, and sleep apnoea can be directly attributed to childhood obesity;
- Obesity related conditions such as cardiovascular disease (CVD), diabetes and chronic kidney disease (CKD) account for approximately one quarter of the burden of disease in Australia, and just under two-thirds of all deaths. These three diseases often occur together and share risk factors, such as physical inactivity, overweight and obesity and high blood pressure;

The consequences of an unhealthy lifestyle and childhood obesity can include:

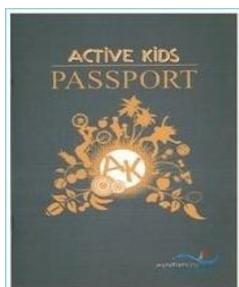
- Bullying and social isolation;
- Poorer academic outcomes;
- Low self-esteem & poor body image;
- Depression, suicide and risk taking behaviour in adolescence & adulthood; and
- Physical discomfort & medical problems such as high cholesterol, glucose intolerance, insulin resistance and high blood pressure.

ABOUT THE ACTIVE KIDS PROGRAM

<u>WHO</u>	Active Kids aims to impact the eating and physical activity habits of Grade 3 & 4 students across Wyndham.
<u>WHAT</u>	Active Kids primarily involves the delivery of an eight week curriculum based on key healthy eating and physical activity themes. Program delivery is supported by an activity guide, student passports, rewards and resources – all supplied by Council prior to the program. Schools can then engage Active Kids Partners to run free Activity Clinics at their schools across the 8 weeks.
<u>WHERE</u>	Active Kids is delivered at your school. Some schools choose to align their excursions with the Active Kids themes.
<u>WHEN</u>	Active Kids will be delivered during Term 2 (14 April – 28 June) <i>OR</i> Term 3 (13 July – 18 th September)
<u>HOW</u>	Return your Expression of Interest by Tuesday 10 December 2019 to secure your schools place in the 2020 Active Kids Program!

PROGRAM RESOURCES

All resources will be provided to Schools prior to the Active Kids Program beginning in 2020.



Active Kids Passport

All participants receive an *Active Kids Passport*. The passport is used by students to keep a record (diary) of any 'physical activity' undertaken and to record 'healthy eating' habits (e.g. serves of fruit and vegetables). The passport is designed as a fun way for participants to learn more about the benefits of 'physical activity' and 'healthy eating' (e.g. information, activity calendar, in-school activities, etc.).

Active Kids School Resource Manual

The Active Kids School Resource Manual contains all the important information about delivering the Active Kids Program. Importantly it contains weekly outlines of the eight Active Kids themes as well as lesson plans and worksheets for teachers and students to use when working through the program curriculum.

Rewards Program

The rewards program provides a regular (i.e. weekly/fortnightly) incentive to help motivate students, their families and schools to participate in the program. Everyone who participates receives a certificate and rewards to recognise their achievement. Rewards for the 2020 program are TBC.



ENGAGING WITH PROGRAM PARTNERS: SCHOOL ACTIVITY CLINICS

Wyndham City engages a range of State Sporting Associations, sporting clubs and local health, wellness and fitness providers to sign on as *Active Kids* program partners. Partners offer FREE School Activity Clinics to schools who are delivering the *Active Kids* program. The purpose of the School Activity Clinics is to provide an opportunity for students to participate in a fun physical activity session to reinforce the Active Kids message and to provide students wishing to continue their participation, with a link to further participation opportunities.

Schools and Partners will be linked together by Council but encouraged to organise their clinics independently of Council. We see this as a strategic move to allow flexibility between the school and partner, to ensure that a broader range of program partners can be engaged and to provide more meaningful and timely links to local participation opportunities for any students wishing to continue their participation in any particular activity. Please note some partners may seek to run their clinics during terms 1 or 3 which schools are welcome to accept or decline.

Some of the previous Partners of the program include:

- Cricket Victoria
- Melbourne City Football Club (soccer)
- National Rugby League
- Werribee Basketball Association
- Werribee Football Club
- WynActive (AquaPulse)

- Step 'n' Out (performing arts)
- Tennis Victoria
- Wyndham Lacrosse Club
- Karate Victoria

FIRST STEPS FOR 2020

Return the Expression of Interest Form

Return the attached Expression of Interest on behalf of your school by **Tuesday 10 December 2019** to secure your school's place in the 2020 Active Kids Program!

Starting a Health & Wellbeing Team

Wyndham City acknowledge Schools and Staff are constantly busy, nonetheless to spread the load and maximise the impact we encourage your school to establish a Health and Wellbeing team. The composition of a health and wellbeing team is flexible and can exist as a group of members from within the school (internal), both internal and external partners, or a broader network of representatives. This team can spread the load and knowledge of programs and initiatives supporting healthy eating and physical activity There's no need to reinvent the wheel, as there may already be a group that meets regularly to address student and staff health and wellbeing.

Benefits of having a healthy and wellbeing team include;

- Identifies student, staff and family health and wellbeing needs.
- Establishes an environment that promotes health and wellbeing for the whole-school community.
- Supports the development of health related skills and knowledge through the curriculum.
- Strengthens staff participation in health and wellbeing promotion and development.
- Supports the development and integration of school practice into policy and vice versa.
- Prevents change being driven solely by one person, which can impact on the sustainability of work.

***Attend the Active Kids Briefing (Required)**

Wyndham City will deliver a Active Kids briefing in March 2020 (at the Wyndham Civic Centre, 45 Princes Highway, Werribee) to outline any final program details and answer any queries from coordinators and teachers concerning the delivery of the Active Kids Program. The information covered in these sessions will confirm program details and schools will be able to meet and liaise with all available Active Kids Partners. Program resources will also be distributed to schools at this meeting.

For more information or clarification of any questions you might have, please contact;

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