**A*ctive Kids***is a Wyndham City initiative designed to encourage healthy eating habits and increased physical activity in children aged 8-10 years (Grades 3 & 4). Active Kids aims to support schools and teachers with a simple and flexible curriculum-based program that leads to positive behaviour change for all participating students and families.

The 8 week program, including all print and digital resources is offered FREE to all Wyndham primary schools. To register your school’s interest in delivering the program for 2021 **please return expression of interest by Monday 15 February 2021 by completing this** [**online form**](https://www.wyndham.vic.gov.au/activekids)**.**

**Content – *What does Active Kids cover***

The eight week Active Kids curriculum covers key healthy eating and physical activity themes for children aged 8-10 years (Grades 3 & 4). Weekly themes include:

1. **What is Physical Fitness**
2. **Healthy Eating Habits**
3. **Move & Play Everyday**
4. **Fruits and Vegetables**
5. **Active Families**
6. **Sometimes Foods**
7. **Staying Active**
8. **Healthy Meals**

**\*New for 2021 –** Council will create resources to support and empower schools to create **Active Classrooms** to embed positive daily habits that lead to lifelong physical activity participation for all students.

**Delivery – *How does the school deliver Active Kids***

The Active Kids program can be delivered across any term in 2021, however the full suite of resources supports delivery primarily across terms 2, 3 and 4.

Active Kids has the flexibility to be delivered in different formats that align best to the school curriculum. The key program delivery formats include as a weekly classroom activity (delivered by classroom teacher or PE teacher), or as a weekly homework based task.

\*If the school would like to explore other options for program delivery or for further information please contact James Robortella via email ([james.robortella@wyndham.vic.gov.au](mailto:james.robortella@wyndham.vic.gov.au)) or phone directly 9742 0840 to discuss.

**Resources – *What is included in the Active Kids program***

The program is supported with several printed and digital resources for teachers and students. All resources are supplied for free by Council prior to the program, including:

* **Teacher Activity Resource Manual** – to help plan out weekly classroom or homework activities/tasks.
* **Student Passports** – the primary resource for students to complete weekly workbook activities/tasks.
* **Student Rewards, Stickers and Certificates** – vouchers to access local sport and fitness providers and resources to tick off program and task completion.

**\*New for 2021 –** Council will begin to develop an **online library of written and video content** focused on healthy eating and physical activity that supports teachers with classroom delivery while also providing resources for students and families to access at home.

**Free Provider Sessions –** Council engages a range of Sporting Associations, clubs and local health, wellness and fitness businesses to offer free school activity clinics to all participating Active Kids schools. These sessions, organised directly between school and provider, give students an opportunity to participate in a new and fun physical activity in their local area. Providers can then link students, schools and families with information about ongoing participation opportunities.

**Requirements – *What does the school require to deliver Active Kids***

* Submit **Expression of Interest** by Monday 15 February 2021 – this can be done by completing the [**online form**](https://www.wyndham.vic.gov.au/activekids)**,** or emailing a completed paper-based form below to [james.robortella@wyndham.vic.gov.au](mailto:james.robortella@wyndham.vic.gov.au)
* Identify an **Active Kids School Coordinator** – this person will act as the main contact between Council, School and any Providers.
* Attend the **Active Kids Information Meeting** at the end of Term 1 2021 to pick up program resources and discuss the implementation of Active Kids, and further opportunities/support available from Council and Partners.
* **Deliver Active Kids Program** including:
  + Implementing weekly activities based on program themes
  + Distribute student resources including Passports, Stickers, Reward Vouchers & Certificates.
  + Administer the online pre and post student survey.
  + Liaise with Active Kids Providers to arrange free in-school activity sessions.
  + Complete teachers survey.
* Distribute Active Kids information to parents through school newsletters and other appropriate methods.

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

**James Robortella**

Inclusion & Participation Officer

Ph: 9742 0840

E: [james.robortella@wyndham.vic.gov.au](mailto:james.robortella@wyndham.vic.gov.au)

**2021 Active Kids Expression of Interest**

If your school is interested in delivering the Active Kids program, please return this form via post or email by **Monday 15 February 2021.** Thank you for your interest in the program.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **School Details** | | | | |
| **School Name:** |  | | | |
| **Address:** |  | | | |
| **Estimate number of students participating in 2020:** |  | **Estimate Number of classes participating in 2020:** |  | |
| **Key Personnel** | | | | |
| **Principal** | | | | |
| **Name** |  | | | |
| **Email** |  | | | |
| **Active Kids School Coordinator** | | | | |
| **Name** |  | | | |
| **Position** |  | | | |
| **Mobile / Direct Line** |  | | | |
| **Email** |  | | | |
| **Physical Education Coordinator** | | | | |
| **Name** |  | | | |
| **Email** |  | | | |
| **Program Requirements** | | | | |
| Preferred term of delivery (1, 2, 3 or 4) | | | |  |
| Commitment to meet program requirements listed on pg.2. | | | | Y / N |

To discuss any alternatives or questions please contact James Robortella, Inclusion & Participation Officer – 9742 0840 / [james.robortella@wyndham.vic.gov.au](mailto:james.robortella@wyndham.vic.gov.au)