wyndamcity 2027 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 to 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 printed and digital resources is FREE to all Wyndham primary schools. To register your school's interest to deliver the program for 2027 **please return your expression of interest by Friday 27 November 2026 by completing our online form on wyndham.vic.gov.au/activekids .**

Why get involved?

Children need to do at least 60 minutes of physical activity that gets their hearts beating quicker and breathing faster each day – 3 in 4 children do not achieve this. 2 out of 3 children exceed the guideline of a maximum of 2 hours screen time a day.

Increased screen time and lower physical activity levels result in reduced confidence, social competence, physical literacy, strength and fitness. Many families are making less healthy snack and food choices whilst every social occasion whether family, sport, school or community based has increased unhealthy food options. Equipping children with the knowledge to make healthier choices to navigate these occasions is important.

Active Kids allows you to bring a positive healthy lifestyle focus through creation of easily achieved healthy habits. Evidence shows us that **healthy and active kids concentrate better in the classroom, are more engaged and motivated, are less stressed, more resilient and play better with others.**

Active Kids can be used to incorporate other learning goals and can also contribute to the Department of Education's Active Schools program and Framework.

Content – *What does Active Kids cover?*

The Active Kids weekly themes cover key healthy eating and physical activity topics for children:

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

Delivery – *How do schools deliver Active Kids?*

The Active Kids program can be delivered during any term in 2027; however community connections run from term 2 onwards.

Active Kids can be delivered in different formats that align best to the school curriculum. The key components include a weekly classroom activity (delivered by classroom teacher) and/ or a weekly homework-based task.

*If the school would like to explore other program delivery options or requires further information please contact to discuss.

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

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

- **Teacher Activity Resource Manual** – to help plan weekly classroom or homework activities/ tasks. These are planned to be delivered by classroom teachers.
- **Student Passports** – the primary resource for students to complete weekly workbook activities/ tasks.
- **Student Rewards, Stickers and Certificates** – vouchers to access local sport and physical activity providers and resources to show program and task completion.
- A webpage **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 partners with a range of Sporting Associations, clubs and physical activity organisations 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 school. Providers can then link students, schools and families with information about ongoing participation opportunities.

School Requirements – *What does the school need to do to deliver Active Kids?*

1. Submit an **Expression of Interest** by Friday 27th November 2026 – this can be done by completing the **online form at wyndham.vic.gov.au/activekids,** or emailing the completed form below.
2. Identify an **Active Kids School Coordinator** – this person will act as the main contact between Council, School/ classroom teachers and any Providers.
3. **Create an Active Kids team** – to deliver the Active Kids program across the year group(s). You may already have a team focused on student health and wellbeing, incorporating the program into the school's vision will help to strengthen the program and link it into other school policies and initiatives.
4. Attend the **Active Kids Information Meeting** at the end of Term 1 or early Term 2026 to pick up program resources and discuss the implementation of Active Kids, and further opportunities/ support available from Council and Partners.
5. **Deliver Active Kids Program** including:
    - Weekly activities based on program themes
    - Distribute student resources including Passports, Stickers, Reward Vouchers & Certificates.
6. Administer the online **pre and post student survey** (incorporating these into your lessons works best)
7. Liaise with Active Kids Providers to arrange **free in-school activity sessions**
8. Complete **teachers survey**.
9. **Distribute Active Kids information** to parents through school newsletters and other appropriate methods.

Please note for those schools who signed up to deliver programs in previous years
The Active Kids Classroom posters are designed to be re-usable from year to year to save on printing, please hold onto these, they won't be automatically printed again for you unless informed.

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

Vedang Ovalekar
Inclusion & Participation Officer
Ph: 03 8734 4537
E: vovalekar@wyndham.vic.gov.au

2027 Active Kids Expression of Interest

If your school is interested in delivering the Active Kids program, please return this form via email by **Friday 27 November 2026 to vovalekar@wyndham.vic.gov.au , alternatively you can use our online form.** Thank you for your interest in the program.

Privacy Collection Statement
Your personal information is being collected by Wyndham City Council for the purpose of registering your school's expression of interest for the 2026 Active Kids Program. The information provided will be stored and used by Council to identify you when communicating with Council regarding the Program. For further information on how your personal information is handled, visit Council's Privacy Policy.

School Details			
School Name:			
Address:			
Estimated number of students participating in 2027:		**Estimated Number of classes participating in 2027:**	
Key Personnel			
Principal			
Name			
Email			
Contact number			
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
Program Resources – from previous years		
Do you have passports left over that could be used to deliver the 2027 program?	Y / N	How many?
How many of your Active Kids Classroom posters have you held onto to re-use for 2027?		Active Classroom: Healthy Classroom:

To discuss any alternatives or questions please contact Vedang Ovalekar, Inclusion & Participation Officer – 03 8734 4537/ vovalekar@wyndham.vic.gov.au