**A*ctive 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 offered FREE to all Wyndham primary schools. To register your school’s interest in delivering the program for 2023 **please return your expression of interest by Friday 9 December 2022 by completing this** [**online form**](https://www.wyndham.vic.gov.au/form/2022-active-kids-expression-of-i)**.**

**Why get involved?**

Children are still making up for 2020/ 21; the missed social interaction, increased screen time and lower physical activity levels resulting in reduced confidence, physical literacy, strength and fitness, with many families making less healthy snack and food choices. 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 is important.

Active Kids allows you to bring back 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](https://www.vic.gov.au/active-schools).

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

The Active Kids curriculum covers key healthy eating and physical activity themes for children, 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**

**Delivery – *How do schools deliver Active Kids?***

The Active Kids program can be delivered across any term in 2023, 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 a weekly classroom activity (delivered by classroom teacher or PE 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 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.
* 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.

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

1. Submit an **Expression of Interest** by Friday 9 December 2022 – this can be done by completing the [**online form**](https://www.wyndham.vic.gov.au/form/2022-active-kids-expression-of-i)**,** or emailing the completed form below.
2. Identify an **Active Kids School Coordinator** – this person will act as the main contact between Council, School and any Providers.
3. **Create an Active Kids team** – who will support the delivery of 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 2023 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:
   * Implementing 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 2022**

The Active Kids Classroom posters were designed to be re-usable from year to year to save on printing, please hold onto these, they won’t be automatically printed.

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

**Camilla Briggs**

Inclusion & Participation Officer

Ph: 03 8734 0219

E: [camilla.briggs@wyndham.vic.gov.au](mailto:camilla.briggs@wyndham.vic.gov.au)

2023 Active Kids Expression of Interest

If your school is interested in delivering the Active Kids program, please return this form via email by **Friday 9th December 2022 to** [**Camilla.briggs@wyndham.vic.gov.au**](mailto:Camilla.briggs@wyndham.vic.gov.au) **, alternatively you can use our** [**online form**](https://www.wyndham.vic.gov.au/form/2022-active-kids-expression-of-i)**.** 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 2022 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](https://www.wyndham.vic.gov.au/privacy-policy).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **School Details** | | | | | |
| **School Name:** |  | | | | |
| **Address:** |  | | | | |
| **Estimated number of students participating in 2023:** |  | | **Estimated Number of classes participating in 2023:** | |  |
| **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 | |
| **Program Resources – 2022 Active Kids Deliverer** | | | | | |
| Did you have passports left over from 2022 that could be used to deliver the 2023 program? | | Y / N | | How many? | |
| How many of your Active Kids Classroom posters have you held onto to re-use for 2023? | |  | | Active Classroom:  Healthy Classroom: | |

To discuss any alternatives or questions please contact Camilla Briggs, Inclusion & Participation Officer – 03 8734 0219 / [camilla.briggs@wyndham.vic.gov.au](mailto:camilla.briggs@wyndham.vic.gov.au)