



The Belltower

Hurstville Public School Newsletter



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ISSUE 10 2017
Term 2 Week 10
Friday 30 June



Education & Communities

Calendar of Upcoming Events

TERM 2	
Friday, 30 June	Last Day for Term 2 PSSA Year 1 History Excursion to Kamay Botany Bay National Park
Tuesday, 18 July	<u>Students Return to School – Term 3, 2017</u>
Friday, 21 July	PSSA
Wednesday, 26 July	Premier's Debating
Thursday, 27 July	Athletics Field Events – Years 3 - 6
Friday, 28 July	AFL Workshop – Years 4 & 5
Tuesday, 1 August	ICAS – English Competition for Years 2 - 6

Principal's Message

Have a happy and Safe School Holiday – Students return Tuesday 18th July

Term 2 has certainly raced by at a rapid pace. Our students can be very proud of the significant commitment they have made throughout the semester towards their learning. On behalf of the Hurstville PS staff, I would like to wish all of our families a happy and safe school holiday period. We are very much looking forward to what we can achieve together as a school community in Terms 3 and 4. A reminder that students return to school for Term 3 on Tuesday 18th July.

Draft Term 3 Student Invoice

As per our new invoicing system introduced in Term 2, please find on the next page of the Belltower the draft version of the Term 3 Student Invoice. Please note that no payment is required at this time. This draft version is to provide all of our families with advanced notice of the costs of events and activities that will be taking place in Term 3. For students in Stage 3, families will notice some items for Term 4 also included on this invoice. As these items involve significant costs, we have endeavoured to provide as much notice as possible of these costs. Please contact the school office at the beginning of Term 3 if you need to discuss possible financial assistance for this invoice payment with the Principal.



Twitter Pilot Update - @hurstville_ps

As mentioned in a previous edition of the Belltower, we have been piloting the use of Twitter to both chronicle the Instructional Leadership Project journey this year and to showcase a wide range the learning experiences taking place in each of our classrooms. Through this pilot, we have begun to make connections with schools locally and across both the state and country who are also engaging with 21 Century or Future Focused learning practice. It is pleasing to also note that a number of our school community members are also following our school Twitter account and are able to see the many and varied learning experiences taking place at the school. If you have not yet begun following the **@hurstville_ps** Twitter account, then please consider this as one pathway for staying in touch with what is happening day to day in our school.

School Staffing Update – Semester 2

During Term 2 we have had a number of notifications regarding staffing movements at Hurstville PS. I would like to congratulate Mrs Kate Carey, our 6C class teacher, who has been successful through the Merit Selection process for an Assistant Principal's position at Banksmeadow Public School. This promotion is extremely well deserved. Mrs Carey is an outstanding educator and will also provide wonderful leadership for the Banksmeadow school community. We wish her all the best with this new position. Mrs Carey will take up this role at the beginning of Term 3. The school has been very fortunate to engage the services of Mr Nick Bunt. Mr Bunt has agreed to teach Class 6C for the remainder of the year. Mr Bunt is a very experienced teacher and has working extensively at Hurstville PS in the past. Mr Bunt will be a great addition to the Hurstville PS teaching team.

Our Deputy Principal, Mrs Jennifer Birch, has been successful through the Expression of Interest process for the Acting Principal position at Illawong Public School for Term 3, 2017. Mrs Birch is an outstanding school leader and will provide the Illawong school community with stable and insightful leadership throughout this period. As this position has only been confirmed in the past few days, an Expression of Interest process will be completed at the beginning of Term 3 for Mrs Birch's position. I will advise the school community of the outcome once the process has been finalised.

Mr Terry Hume, our Learning and Support Teacher for Stages 2 and 3, will be taking leave for the remainder of 2017. His position will be filled by Mrs Margaret Moro during this time. Mrs Atu Pollard, our Green Class teacher, will also be on leave during Term 3. Her position will be filled by Mrs Kathryn Wakelin.





2017 Education Week Open Day – Save the Date - Tuesday 1st August

Education Week for 2017 is rapidly approaching (31 July – 4 August). The 2017 Education Week theme is '***I Learn, We Learn***'. For me, this is a very pertinent theme, considering the many challenges all families face in order to be part of contemporary society. One group of people who I believe play an immensely important role in the education of all children are grandparents. The role of grandparents in contemporary education cannot be undervalued. Each morning and afternoon I see many grandparents in the school picking up and dropping off our students.

Our school leadership team has shared a dialogue with the Hurstville P&C about acknowledging the important role of grandparents as a part of our 2017 Education Week celebrations. As a school community, taking the time and opportunity to come together and celebrate the contribution made by grandparents to the education of our students is vitally important. Please save the date – our Education Week Open Day will be held on **Tuesday 1 August from 9am – 12pm**.

Our draft timetable for Open Day-Tuesday 1st August is:

- 9am – 9:10am:** Ballroom dancing demonstration by the student of the *DanceSport* team in the main playground.
- 9:15 – 10:15am:** Community Workshop – ***Love, Logic & Positive Habits*** – This workshop will be run in the school hall by the Positive Psychology Team - Sue Martinov and Michelle Booker – this workshop will be informative for all parents and grandparents.
- 10:15 – 11:00am:** Open Classrooms – visit students in their classrooms
- 11:00 – 11:50am:** Morning Tea for all grandparents, parents and friends in the school hall – Acknowledging and celebrating the role of grandparents in the education of our students.

Kindergarten students will be sharing a picnic with family members in the playground during this time.

We look forward to all members of our school community joining us to celebrate both Education Week 2017 and the important role played by grandparents.

In addition to Education Week Open Day, a timetable of extra-curricular activities operating during Education Week will be sent out to all families. If you find yourself unable to join us on Tuesday 1st August, you will be able to visit the school during Education Week to observe any of these activities in operation.

Mr Mark Steed – Principal



Draft Student Invoice – Term 3, 2017

Hurstville Public School

This draft invoice is to inform families of the cost of planned excursions/activities that will take place during Term 3, 2017. Some events for Term 4 are also included on this invoice. **No payment is required until Term 3.**

Please note: A final copy of this student invoice, including relevant permission notes and a payment envelope, will be sent to all families in Week 1 of Term 3. Please contact the Principal if you need to discuss possible financial assistance for this payment.

Excursion / Activity	Kindergarten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Support Unit
Year 2 Science Incursion	-	-	\$8	-	-	-	-	-
Year 2 History Excursion	-	-	\$6	-	-	-	-	-
Year 3 Geography Excursion	-	-	-	\$31	-	-	-	-
Year 4 History Excursion	-	-	-	-	\$27	-	-	-
Stage 3 Camp Balance Year 5 – Berry Year 6 – Myuna Bay (TERM 4)	-	-	-	-	-	\$230	\$330	-
Support Unit Living Skills Program	-	-	-	-	-	-	-	\$15
Gymnastics** Term 4 Program	-	-	-	-	-	-	\$30	-
Yrs. 3-6 Author Visit	-	-	-	\$5	\$5	\$5	\$5	***
Total Cost:	-	-	\$14	\$36	\$32	\$235	\$365	\$15
	Kindergarten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Support Unit

**This program cost has been subsidised by the Australian Sporting Schools Grant.

***This note and payment will be sent home separately with students attending the visit.

From the Leadership Team

Special Interest Clubs (SIC)

The wellbeing of students at Hurstville Public School is a priority for all. We aim to develop the whole child and provide an expanded range of opportunities for students which may help them discover talents and participate in activities for enjoyment. As such, a number of teachers have volunteered to organise and supervise activities which students may choose to participate in during lunchtimes.

These Special Interest Clubs are open to anyone who is interested. Students may choose to come some weeks and not others. If we have a large response to the groups, we may need to rotate grades so all students have an opportunity to attend. Please find below a list of activities which will be available for the students from the beginning of Term 3.

K - 2			
Day	Activity	Teacher in charge	Location
Monday	Play Group	Mrs Roebuck Mrs Angelkovic	KR Classroom
Thursday	Singing	Mrs Bringmann-Walker Mrs Maakaroun	KW Classroom
Friday	iPads	Miss Diab Miss Brosens Miss Edwards	KB Classroom
Monday	Calligraphy	Miss Liu	Jessie's room
Thursday	Sewing	Miss Lawrence	2A Classroom
Tuesday	Recorder	Mrs Cooper	G-Block Hall

Year 3-6			
Day	Activity	Teacher in charge	Location
Monday	Maker Spaces	Miss Daniels	E-Block PAA Room
Tuesday	Yoga for Kids	Miss Scott	Upstairs E-Block
Wednesday	Board Games	Miss Allen	5A Classroom
Thursday	Knitting	Ms King	5S Classroom
Thursday	Chess Club	Mr Kakakios / Mrs Marinkovic	Upstairs E-Block
Mon-Thur	Board Games	Mrs Ko	Under the Hall cola
Thursday	Gardening	Mrs Storr	Meet at flagpole
Friday	Gardening	Mrs Storr	Meet at Flagpole

I thank these teachers for giving up their time to allow students to try new things and develop interests in a range of activities.

Miss Danielle Scott - Deputy Principal

This week I attended an interview for the position of Relieving Principal for Term 3 at Illawong Public School and was successful in my application. This means that I will not be back at Hurstville Public School until the start of Term 4. I'm very much looking forward to this leadership opportunity and to see first hand the great programs that are being run at another school. I wish you all a lovely holiday and I will see you all in Term 4.



Ms Jennifer Birch – Deputy Principal

Child Protection Education

In government schools, Personal Development, Health and Physical Education (PDHPE) is one of the six Learning Areas of the NSW primary curriculum. Our school's PDHPE program aims to develop healthy, active and fulfilling lives for our students.

Child protection education forms part of all students' learning in PDHPE from Kindergarten to Year 10. Students learn skills in recognising if they are unsafe, and strategies for protecting themselves.

The learning is organised into three themes : Recognising Abuse; Power in Relationships and Protective Strategies.

An overview of some of the content of the Child Protection program is provided below:

- *recognising and responding to safe and unsafe situations*
- *developing positive relationships*
- *developing support networks*
- *developing assertiveness (No Go Tell)*
- *appropriate and inappropriate touching*

Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing access to information about the program for parents and carers.

In Term 3, all students from K-6 will be studying Child Protection in a series of lessons with their class teacher. Below is a link which will inform you of the content of this particular curriculum area. We encourage you to find the appropriate stage of learning for your child so you are familiar with the content, and if you would like further information, to contact the school.
<http://www.curriculumsupport.education.nsw.gov.au/primary/pdhpe/safe/cpe.htm>

Mrs Jenny Cooper – Assistant Principal

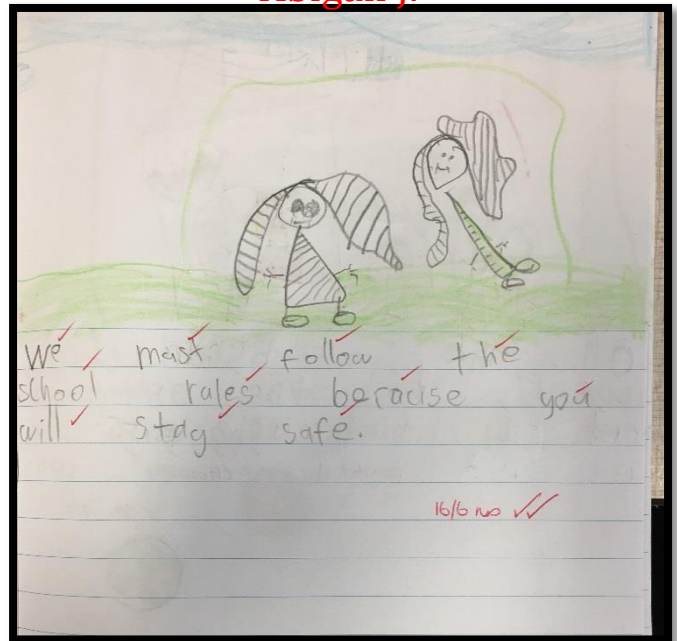
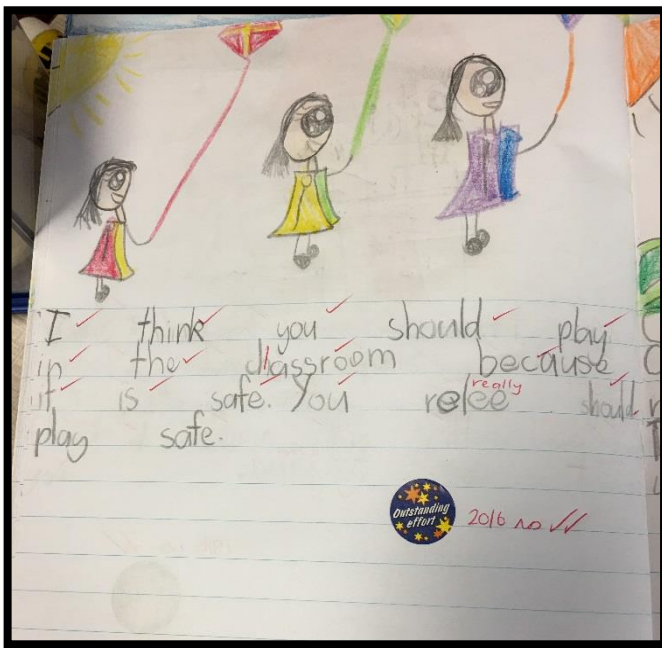
In The Classroom

Early Stage 1-Kindergarten

This term, KD have been learning about how to be respectful, responsible learners in the classroom and on the playground. In our writing lessons, we have been writing persuasive sentences about the importance of following the school rules. They are learning to write joining words in their sentences, such as 'because'. KD have shown their understanding of the school rules and always try to display respectful, responsible behaviour in class and on the playground. Well done KD!

Here are some examples of what the students have written.

Abigail J.



Chloe P.

Just a reminder that the two week holidays begin next week. Students will start back at school on Tuesday 17th July.

We hope you have a great holiday!

Mrs Nadia Diab – KD Classroom Teacher

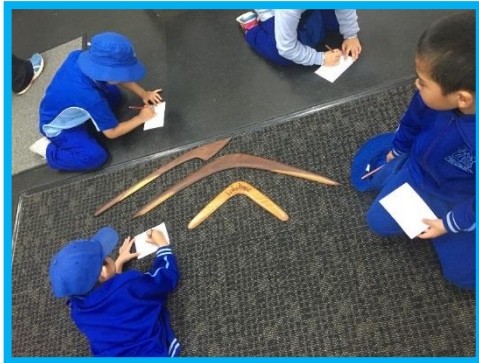
Stage 1 Year 1

Year 1 Kamay Botany Bay National Park Excursion

Students in Year 1 have had an exciting term of learning. This term, students have been learning all about families 'past' and 'present'.

Year 1 students looked through many images about the past and compared them with how their lives are different or same. Many students were quick to point how different the present is. Students worked collaboratively to discuss and identify how history has changed the way we see the world.

On Friday the 23rd of June, some year 1 classes attended an amazing excursion to Kamay National park. We were lucky to have the most beautiful sunny day, which made the day even more enjoyable. When the students arrived, many teachers who would be our tour guides for the day greeted us.



We enjoyed morning tea before we set off for our adventure. We began walking down to the meeting place, where students made stories about how the land was created. Year 1 was able to experience exactly what it was like to live in the past, the girls got to dress up and wash clothes by hand, while the boys collected fire wood to stay warm at night. The students also had the chance to play some old school games such as 'quoits' and 'knuckles'. This was certainly the highlight of the day.



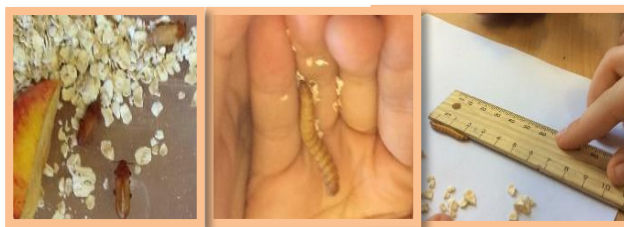
Students also visited the Botany Bay Environmental Education Centre. Students learnt about some of the tools that were used in the past. 'Spears' and 'coolamons' were some of the tools the students had the opportunity to touch and see. Year 1 thoroughly enjoyed the history excursion, as there was so much to see and do.

It has been a very busy term, filled with lots of fun and learning. On behalf of the year 1 teachers, we wish you a very safe and happy school holidays.

Miss Victoria Lee – 1L Classroom Teacher

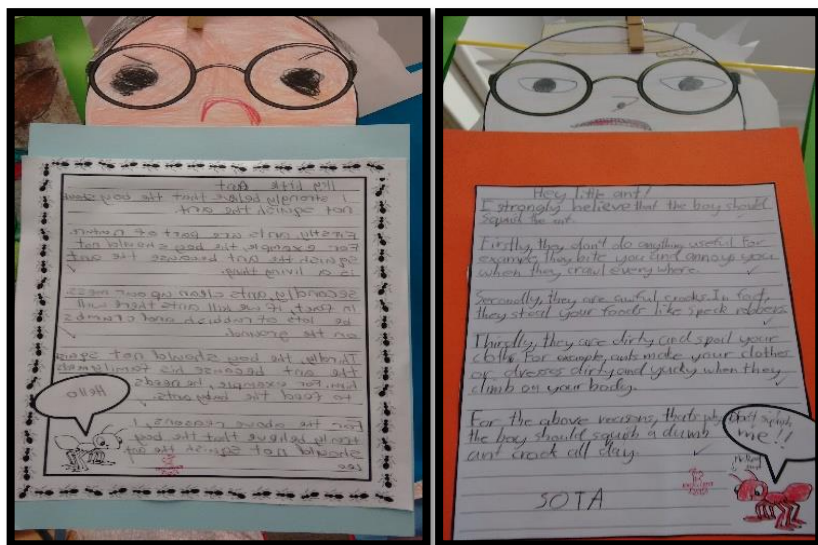
Year 2

Students in Year 2 have had a wonderful term of learning. This term, Year 2 students studied the unit, 'It's Alive' in Science. Students learnt about how living things grow and change. 2L has enjoyed learning about how mealworms grow and change.



2L measured the mealworms as they grow and observed how they changed, first from a larva to pupa and then finally into a darkling beetle.

Year 2 have also been learning about persuasive writing. Here are some of what 2L wrote.



During gymnastic, Year 2 students had lots of fun learning gymnastic skills from Got Games this term. They learnt gymnastic skills such as pencil, star and tuck jumps and enjoyed using equipment like the trampolines and bars.



This term has been a very busy time for all of us. It is definitely time for a break! We hope that our students have a wonderful and relaxing holiday, and to remember to always stay safe. We look forward to hearing about all the things the children have done during their time away from school.



Ms Erina Law – 2L Classroom Teacher

Support Unit

The last two weeks of this term have been busy and lots of fun for the students in the Support Unit. Last week all classes attended an excursion at Funarama. The equipment kept them active all day and it was great to see all the happy faces.

This week they ended the term with a party which was planned and prepared by the students through project-based learning.



Chinese Community Language

This term, in Miss Zhai and Mr Gan's Chinese Community Language class we have been doing a project on Chinese clothing and designing Chinese Traditional Costumes. While we explored the history of 汉服 the traditional Chinese clothes, we also studied how traditional Han (汉) clothing gradually evolved through the dynasties and transformed into a more modern style.

We enjoyed the process of designing and creating our own style of "Han Fu".



By Pheobe, Helen, and Eileen 6M/6P
Chinese Community Language Team

From the Library

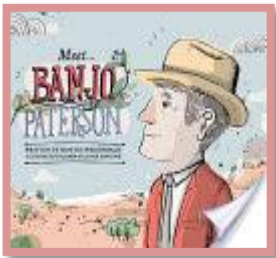
What's New in library?

On Monday of Week 10, the following students were recognised at a presentation for the 2017 Hurstville Public School Premier's Reading Challenge Top 27 Club.

Jason, 1R	Max, 1L	Ashwin, 1R	Zihan, 2-3M
Natalie, 2-3M	Louise, 3D	Leo, 3G	Lenora, 2-3M
Sophie, 2-3M	Phoebe, 3A	Mahesh, 4F	Eleni, 4P
Arthur, 4F	Abed, 4P,	Siddharth, 4M	Daniel, 4P
Aixin, 5A	Daria, 5D	Sarah, 5H	Preston, 5C
Alena, 5H	Isabella, 5A	Kitty 6M	Grace, 6K
Erica, 6K	Arwaa, 6M	Isabel, 6P	

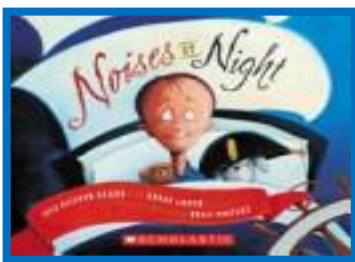
These students were the first 27 students to complete the Premier's Reading Challenge at Hurstville Public School this year. We are very proud of these students for displaying such a strong commitment to literacy. They are certainly wonderful role models across our school! Students at Hurstville Public School are continuing to borrow challenge books, with 557 students currently enrolled! Keep up the fantastic reading habits, students. There is still plenty of time to complete the challenge, which closes on Friday the 25th of August.

Ms Wadley thinks you should try this book from the 5-6 PRC Challenge:



Andrew Barton Paterson spent his early years in country NSW. He was sent to finish his education in Sydney, where he eventually worked as a lawyer. Paterson missed the bush and, using the pseudonym, the Banjo, after the horse he used to ride, began to write poems and stories that brought the bush to the city.

Mr Philpott thinks you should try this book from the K-2 PRC Challenge:



A boy is attempting to fall asleep but he is distracted by the nightly household and neighbourhood sounds. Each sound leads to a colourful vision, created by his fertile imagination.

Mr Michael Philpott and Miss Chaan Wadley – Teacher/Librarians

Positive Behaviour for Learning (PBL)

Positive Behaviour for Learning (PBL)

At Hurstville Public School, our school expectations are **Respectful Responsible Learners**.



This week the focus was on the **front and back gate** and next week the focus will be on **excursions and buses**. Below is a list of expected behaviours in each of these areas.

At the front and back gate:

Respect	Responsibility	Learning
To be respectful, we:	To be responsible, we:	To be learners, we:
Take turns to enter and exit the gate	Always walk when leaving the school	Follow road safety rules
Consider others	Cross the road at crossing	

On excursions and buses:

Respect	Responsibility	Learning
To be respectful, we:	To be responsible, we:	To be learners, we:
Listen to the person in charge	Line up and wait safely	Make connections with our learning
Respect public property	Stay with the group	
Consider others	Enter sensibly	

To ensure consistency at home and at school, please take the time to discuss these expectations with your child.

PBL Team

Values In Action Awards

The students listed below will receive their **GOLD** award on Monday 24th July 2017 at the whole school morning assembly. Congratulations! Parents are most welcome to see their child receive their award.

Elena H. 2S	Hannah D. 2L	Sophie Y. 3D	Alena L. 5H
Michael X. 2I	Louis W. 2/3M	Jason Z. 3T	
Annabella W. 2L	Danny L. 3B	Jonathan Z. 3P	

Our award system is as follows:

5 Values in Action Awards (mixture) = 1 **Bronze Award**

5 **Bronze Awards** = 1 Silver Award

2 Silver Awards = 1 **Gold Award**

2 **Gold Awards** = Medal

Please keep awards in a safe place so that students can trade them in when they have achieved the next level of award.

Mrs Jessica Maakaroun – Assistant Principal

Extracurricular

Band **"Bandfest"**

Congratulations to our three bands who all received a Gold Award at Bandfest this week. I am so proud of the way they have worked together. They sounded fantastic. Thank you to our band coordinators for their organisation of this event and thank you to our parents who were able to attend. It was a wonderful audience.



Miss Danielle Scott – Deputy Principal

“Teachers vs Students Be Sporty Day Newcombe Ball Tournament “

It was a crisp wintery Wednesday when 30 Teachers and over 100 Year 6 students took to the courts to battle one another for ultimate newcombe ball glory!

First up, we had 2 games in Area 3 with a sea of screaming supporters from Kindy, Year 1 and Year 2. Mrs Bye and Miss Diab didn't hold back when sending shots soaring across the net. Jodie, Fadel and Sonic played some epic points, but it was Landrie who came out and really got the teachers moving with his powerful plays. It was a great start to the tournament. After the epic battles in Area 3, the teachers were two games up, and looking forward to continuing at lunch!

Next up, we had even more games running at lunchtime in Area 5 and Area 8. You couldn't escape the excitement in the playground. On the court in Area 5, you could raise the roof (the shade cloth). Mr Philpott dominated the court, and Mr Steed was seen sending back shots with fiery precision. Shout out to Mohammed, Mahdi and Nicholas for coming out at the last minute and marshalling the troops, and Otto for his umpiring. At the end of the Area 5 matches, the teachers were up to 5 wins and the students were still holding their heads high.

On Area 8, the crowd was buzzing with excitement! Crowd-pleasers Mr Pratt, Mrs Kakakios and Mrs Muir were a force to be reckoned with, and got everyone cheering for all players. Leila and Alex W had all the skills, and Sean came out from band to help the students smash the teachers in Game 3 with a 28-11 thrashing.

At the end of the day, the teachers won the tournament 7 games to 1. All students played with excellent sportsmanship, team work and positive attitudes.

A big thank you to Mr Steed, Mrs Cooper, Ms Birch and Ms Scott for all your support to get the day up and running. The teachers are already looking forward to the rematch in Term 4.







21st Century Learning Corner

2017!

Parent/Carer Workshop: “Dispositions of a 21st Century Learner”.

Thank you to everyone who attended our latest parent/carers session “Dispositions of a 21st Century Learner” run by myself and our school counsellor Kristy Dean. The session began with a focus on building resilient learners and finished with a section on supporting your child to be a critical and creative thinker. If you were unable to attend or wish to revisit this presentation, you can find it on our school website. Thank you to the attendees who returned their ‘exit’ slips on the session. From this valuable feedback we can plan further sessions and aim to run them on different days.

4C Design Competition.

Meanwhile, HPS is holding a 4C Design Competition! We’re asking students to come up with their *own unique* design for the 4Cs: Creative Thinking, Critical Thinking, Communication and Collaboration. Designs can be drawn or designed digitally. A note was sent home with students a few weeks ago with detailed instructions and design specifications. Please see our school website for a copy of the note. We’re hoping students might like to spend some of their holiday time creating original designs for one or all of the 4Cs. The winning design/s will be used as our school 4C logo and classroom signage. The due date is end of Week 4, Term 3, so get designing!

Thanking you for your ongoing interest

Amy Mortimer (Teacher)

Hurstville Public School

Forest Road, Hurstville NSW 2220
Phone: 9587 3963



Parents and Citizens' Association

Fax: 9553 8029
Email: pchurstville@hotmail.com

P&C Meeting Notice

Dear Parents and Carers,

In a previous note, it was advertised that the **Community Language** parent interest topic would be presented by staff during the P&C meeting to be held on 18th July 2017.



As that date will be the second day back after school holidays, the P&C meeting will be re-scheduled to **Tuesday 25th July 2017**.

Accordingly, the Community Languages parent interest topic will now be presented on the 25th July 2017 at 9.15am.

Apologies for any inconvenience or confusion this may have caused.

Regards

P&C Association – June 2017

SCHOOL HOLIDAY ROAD SAFETY REMINDER FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments.

So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.**
If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.
- **It's the law that everyone wears a helmet when riding a bike in a public place.**
It makes sense to wear a helmet when riding scooters and skateboards too!
- **Click *clack* front 'n back every person for every trip.**
Everyone in the car must be securely buckled up in the right seatbelt or child restraint.
- **Talk to your child about being a safe road user.**
Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.
- **Point out road safety differences and dangers in new environments.**
This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.



The best way to keep your child safe is to actively supervise them.

Talk and teach your child about road safety every time you are out and about.

Remind other adults who care for your children to do this too.

You can find out more at:

[Safety Town](#)

[Department of Education](#)

[Transport for NSW](#)

Have a safe holiday break!

Healthy tips for Parents and Kids

Kids; Eat breakfast

Eating breakfast, even if it's just a banana and a glass of milk, kick-starts the body and makes it easier to maintain lasting energy throughout the day.

If you can establish the habit of eating a good breakfast at a young age, it should stay with you as you get older.



Parents; Start them young.

Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites.

With older kids, ask them to try one bite.

Nestle. 2017. Ten healthy eating tips for kids. [ONLINE] Available at: <http://www.nestle.com/nutrition-health-wellness/health-wellness-tips/healthy-habits-kids>. [Accessed 15 May 2017].

The Nemours Foundation. 2017. Kids and Food: Top 10 tips for parents. [ONLINE] Available at: <http://kidshealth.org/en/parents/eating-tips.html>. [Accessed 15 May 2017].



Healthy • Active • Happy • Kids

Go4Fun is a healthy lifestyle program to improve the health, fitness, self-esteem and confidence in children aged between 7-13 years. Go4Fun runs for 10 weeks during school term for children and their parents.

Term 3 Locations:

HURSTVILLE AQUATIC CENTRE - MON 17TH JULY 4-6pm

MIRANDA SKYZONE - WED 19TH JULY 4-6pm

RANDWICK COMMUNITY CENTRE - THUR 20TH JULY 4-6pm

UNSW UNIGYM - SAT 22ND JULY 9-11am



Local Contact: 9382 8641



Free call 1800 780 900

Or visit www.go4fun.com.au

Get active each day

Being active and eating nutritious food helps you to **keep fit, healthy and feeling full of energy.**

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an 'energy imbalance'. That's when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports.

Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!

How much activity is needed each day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you're sitting down. Vigorous activity really makes you huff and puff. Over to the right are some examples of each type of activity.



Moderate activities

Walking fast
Bike riding
Skateboarding
Dancing
Playing on park equipment

Vigorous activities

Organised sports (football, netball, soccer)
Running or chasing friends
Swimming laps
Skipping
Nippers

10 ways physical activity can help you

- ★ Your body grows properly, giving you strong bones, muscles, lungs and heart
- ★ **Improve your flexibility, balance and coordination** so you can move well
- ★ Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports
- ★ Makes you feel happy and full of energy
- ★ Keeps you staying healthy and maintaining a healthy weight
- ★ **Helps you feel relaxed and confident**
- ★ Helps you sleep well at night
- ★ Improves your posture
- ★ Keeps your mind alert
- ★ Allows you to have fun with friends and make new ones.