



IT'S *your move* — TIP SHEET

Featuring
ALFRED
DEAKIN AND
CALWELL HIGH
SCHOOLS

Embedding health across the curriculum



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STUDENT INNOVATION FOR HEALTHIER HIGH SCHOOLS

health.act.gov.au/itsyourmove
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WHAT'S BEEN DONE?

Alfred Deakin High School mapped their school's nutrition and physical activity systems and identified areas where they could make changes.

They came up with lots of ideas:

- » Cooking classes with better nutritional messages
- » Improving access to water
- » Learning modules to promote nutrition/ healthy eating
- » Branding all PE activities IYM e.g IYM ADHS touch team
- » Healthy breakfast initiative including breakfast offered by the canteen
- » Fitness lab/gym
- » Changes to the canteen including surveys, student competitions and taste tests

Calwell High School developed and implemented a curriculum that supported a whole school responsibility for prevention of obesity.

They involved all teachers in planning and delivering activities. They sought the Principal's help to achieve this.

A large grid of all subjects was displayed in the staff room and all areas had to identify where they would incorporate health into their study area.

Calwell High also introduced less formal exercise opportunities, like Hip Hop classes, established a boys' education program and an outdoor education program.

They changed the school's values to become a more active school and found that teachers modelling active behaviours impacted on the psychological environment around the school.



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HOW CAN YOUR SCHOOL DO IT?

STEP 1 PLAN

Consider creating a committee (teachers and students) to spearhead your drive to combat obesity. This will add extra focus and a sense of responsibility to your plans.

- » Involve students!
- » Hold discussions about health, wellbeing and exercise.
- » Run a survey to assess student health.
- » Be positive - map the health related activities and procedures that your school already has in action. You might be surprised about how much you are already doing. Talk to teachers, students and other staff about this.
- » Gain the support of the Principal - this is key to your plans for a healthier school!

STEP 2 IMPLEMENT

Utilise staff skills and experience to help make your endeavours a success

- » Display a large grid of all subjects in the staff room.
- » Ask teachers for ideas for how to incorporate health into their study area. This can enable health to be built into the existing curriculum and embed healthy behaviours into everyday life at school.
- » Informal exercise - create opportunities for students to trial. e.g. Hip-Hop dancing, lunchtime sports matches, or gym sessions.
- » Staff development - staff may be willing to run a PD session for their colleagues in an area of health-related expertise.

Access existing resources, all developed in the ACT and mapped to the Australian Curriculum

Access all at www.health.act.gov.au/itsyourmove

- » **Entrepreneurs: It's Your Move learning materials for Years 9 and 10:** enables students to develop and implement their own innovative health project.
- » **Food&Me Years 7 and 8:** four modules of nutrition learning based on the Australian Dietary Guidelines.
- » **Safe Cycle for High Schools:** teacher professional learning, fun online student lessons and a bike package for hire to schools for practical lessons.



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IYM PRINCIPLES

- » Invite school leaders and teachers to become involved, support or be role models.
- » Try and get parents, local businesses or local champions involved.
- » Look for ways to embed changes into the school system for long term benefits.
- » If something is working, continue to build and improve it. If something is not working, change it or start again.

IYM WEBSITE RESOURCES

www.health.act.gov.au/itsyourmove

- » Entrepreneurs: It's Your Move information and learning materials.
- » IYM: Safe Cycle for High Schools: curriculum resource.
- » IYM How-to Guides for examples of great projects in other schools.
- » IYM Food&Me nutrition curriculum resource.
- » Suite of photos, templates and key messages to use in your promotional materials.



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It's Your Move is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community.

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