

**Health Promotion Innovation Fund  
(Closed 20 October 2014)  
Recommended Project Descriptions**

<b>Black Mountain School</b>	<b>Getting Active at BMS with Darryl's Den</b>
<p><b>Project Summary</b></p> <p>People with a disability often experience difficulties participating in mainstream sports and accessing mainstream fitness facilities. The key to managing weight gain in people with a disability is to provide them with access to exercise and physical activity opportunities in a safe and supportive environment. The objective of this project is to promote physical activity and healthy living to overweight and obese children and young adults with disabilities. A program of personalised exercise, flexibility and stretching will be delivered by 3 qualified instructors to 4 cohorts of up to 20 participants at Darryl's Den's custom facilities in Holt over a 12 month period.</p> <p>The innovative element of the project is that it aims to equip participants with health and exercise strategies designed to manage weight gain and obesity in the longer term.</p>	
<b>Funding Approved-\$15,000</b>	

<b>Canberra Institute of Technology</b>	<b>Optimising Health Outcomes for CIT Year 12 Students</b>
<p><b>Project Summary</b></p> <p>This project will encourage greater participation in sport and fitness activities for all students in the Year 12 program, particularly the gym memberships. Those who are studying PE currently don't have the opportunity to participate in activities such as swimming, tennis and Judo. Many of the students suffer from mental illnesses such as anxiety and depression, and exercise has been found to help relieve these symptoms. These activities will support our Mind Matters program. The range of sports offered will also build the students' physical fitness levels by taking students out of their classroom setting to engage in a range of new sports activities they may not have tried before. Students will be encouraged to continue training in one of these activities outside of the school setting.</p>	
<b>Funding Approved-\$5,000</b>	

<b>CCCares @ Canberra College</b>	<b>Smart Start</b>
<p><b>Project Summary</b></p> <p>CCCares will have a number of components in this project. Our goal is to encourage active healthy lifestyle through smart choices for parents and their children.</p> <p>Below is a brief outline of each of the proposed programs:</p> <p>Tumbling Tots: Through the purchase of additional equipment and assistance with the cost of a trainer from PCYC to educate the students (parents) to work with their children to improve their fine and gross motor skills through fun and interactive activities.</p> <p>Menu planning and Preparations: Students will understand healthy eating habits and lifestyle choices for their whole family, will learn the knowledge and skills to be able to prepare cost effective meals that are healthy and the family will enjoy, and will learn ways to budget and to get maximum benefit out of products they have purchased for the week through minimising waste. The program will also be incorporated into CCCares preparation of morning tea and lunches for the children on a daily basis whilst at school.</p> <p>Quit Smoking: We will run a series of quit smoking programs for the students.</p>	
<b>Funding Approved-\$11,503</b>	

<b>Kaleen Primary School</b>	<b>Kaleen Fit for Life Program (Healthy Eating/Healthy Bodies)</b>
<p><b>Project Summary</b></p> <p>The Healthy Eating/Healthy Bodies initiative will engage staff, students, parents and caregivers to significantly influence eating habits and food choices of Kaleen Primary students. Supporting this initiative will be a commitment by the school to increase physical activity and the promotion of incidental activity and being active - this approach will be integrated into the school programming and culture.</p> <p>The project will include parent information sessions supported by external experts in nutrition to explore healthy living and activity themes, will create a stimulus to review and renew our school's canteen's menu in consultation with students and our parent community, and will promote and feature the new initiative on the website and in school newsletters.</p> <p>The initiative will enable us to enhance our kitchen garden program with more gardens and options for students to grow, plant and share food grown from its source.</p>	
<b>Funding Approved-\$15,000</b>	

<b>Lyneham High School</b>	<b>Alcohol Awareness</b>
<p><b>Project Summary</b></p> <p>Lyneham High School will partner with Drug and Alcohol Research and Training Australia (DARTA) to further support our school drug education program and harm minimisation approach – with an emphasis on minimising alcohol consumption - for our Year 10 students, parents and classroom teachers.</p> <p>The project will involve:</p> <ul style="list-style-type: none"> <li>• A day of workshops for Year 10 students;</li> <li>• Classroom teacher professional learning session;</li> <li>• Parent information session.</li> </ul>	
<b>Funding Approved-\$5,870</b>	

<b>St Thomas More's Primary School</b>	<b>Fun Fitness Fridays at St Thomas More's Primary School</b>
<p><b>Project Summary</b></p> <p>Fun Fitness Fridays at St Thomas More Primary School aims to encourage increased regular participation in physical activity by students (and their families), through the delivery of a weekly running club for all students before school and a perceptual motor program (for K-2) and cycling and other sports (for years 3-6) during school time. The programs will be conducted by a paid qualified coach with the support, for running club, of trainee fitness students (from, for example, the AIS or ADFA) and parent volunteers. As part of the program, school students will receive instructions in running techniques, a running diary (with stamps and rewards for participation) and reminders through the school newsletter. A dedicated Fun Fitness Fridays webpage will be developed on the school website. Students (and their families) will also be encouraged to participate in one of the local community fun runs as part of their skills learning.</p> <p>The perceptual motor program (for k-2) will improve students' coordination and gross motor skills, vital for participating in learning and sport. Cycling (for years 3-6) will include bike maintenance lessons (from, for example, Pedal Power) and learning road rules to empower students to cycle regularly, confidently and safely outside of school hours.</p>	
<b>Funding Approved-\$9,900</b>	

<b>YMCA of Canberra</b>	<b>Arthritis Action</b>
<p><b>Project Summary</b></p> <p>This YMCA and Arthritis ACT project will prepare for the introduction of a licensed re-enablement program for older arthritis sufferers. Such a program will meet a long known need for a quality, targeted program for older adults disabled by painful osteoarthritis.</p> <p>Actions to initiate this program will include</p> <ol style="list-style-type: none"> <li>1. Training of 4 YMCA fitness instructors to obtain the necessary qualifications to deliver this innovative, resistance training program, delivered by qualified Arthritis Australia trainers by electronic and face-to-face methods. Training to be provided from March 2015 in the YMCA Chifley gym.</li> <li>2. Meeting the licensing requirements of the program.</li> <li>3. Partnering with Arthritis ACT in scoping the extent of the program, promoting the program and recruiting the participants. This will be an ongoing aspect of the program and will include monthly meetings with Arthritis ACT.</li> <li>4. Engaging a qualified exercise physiologist to assess and re-assess each participant and write a training program for each person. This will occur at the YMCA gym as participants enrol.</li> <li>5. Conducting a carefully monitored pilot program with participants supplied by Arthritis ACT.</li> <li>6. Evaluating the program for effectiveness in promoting functional ability and feelings of well being, effective maintenance or regaining of independent living and increased levels of social engagement.</li> <li>7. At managerial level oversee the training, the progressive roll-out of the program, maintaining quality control and adapting the program as evidence is gathered by means of evaluation strategies applied bi-yearly.</li> </ol>	
<b>Funding Approved-\$14,497</b>	

<b>YMCA of Canberra</b>	<b>Nutri-Ys</b>
<p><b>Project Summary</b></p> <p>This project will strengthen all nutritional aspects of YMCA Children's Services programs and at the Bush Capital Lodge, the YMCA accommodation/catering unit, by building stronger links with Nutrition Australia and Fresh Tastes to implement a traffic light and auditing system similar to that developed for the National Healthy School Canteen Guidelines across all ACT YMCA programs where food is provided.</p> <p>Activities will include</p> <ol style="list-style-type: none"> <li>1. Intensive training, provided by Nutrition Australia, for approx. 15 key workers</li> <li>2. Training for all (approximately 220) Children's Services staff in basic nutrition and in implementing the nutrition guidelines and auditing system to be introduced.</li> <li>3. Developing nutrition guidelines, in partnership with Nutrition Australia, for children aged 0-5years. Such guidelines are not currently available.</li> <li>4. Review of YMCA Nutrition policy, development of a staff manual and development of an auditing system in collaboration with Nutrition Australia and Fresh Tastes.</li> <li>5. Strengthening communication between the YMCA of Canberra and Nutrition Australia.</li> </ol>	
<b>Funding Approved-\$14,512</b>	