



### **Wellbeing Advocacy Information:**

Let everyone know what active and healthy living is all about, and how your School values movement! Here are some simple but practical ideas that you can promote via your school newsletter, flyers, email communications to parents, noticeboards, and your school website. Please copy and paste this information or use some of the ACHPER SA flyers to incorporate into your school promotional activities, you might like to include a snippet for each newsletter:

Please use the snippets below, and explore the attached flyers that you can also attach/disseminate:

- Simple ways for parents to be active with your children
- Fun Home Physical Activity Ideas for Families
- Helpful Ideas for Parents and Caregivers to encourage play
- Simple ideas for Play Equipment at Home
- 50 things to do before you turn 13
- Guidelines for Healthy Growth & Development for Children & Young People (5-17 years)

This information has been provided by ACHPER - The Australian Council for Health, Physical Education and Recreation, South Australia, to facilitate and provide opportunities for our staff and school to develop a better understanding of Active and Healthy Living. You can help by being active with your children.

### **GUIDELINES FOR HEALTHY GROWTH & DEVELOPMENT FOR CHILDREN & YOUNG PEOPLE (5 TO 17 YEARS)**

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep. For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

<https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-children-and-young-people-5-to-17-years-brochure.pdf>

### **Walk yourself happy!**

As adults, we know we need 30 minutes of moderate intensity physical activity on most days. Our kids need even more! Don't think too much about it, just do it! Even a short, brisk walk of just 10 minutes can give you an energy and mood boost. If you park the car 7-8 minutes away from school and walk the rest of the way at both drop off and pick up time, you'll have accumulated your 30 minutes already. Weekends are a great chance to check out some local facilities, parks or trails. Have a look at Australia's Physical Activity and Sedentary Behaviour Guidelines

<https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-children-and-young-people-5-to-17-years-brochure.pdf>

### **Looking for ways to limit screen time? Help your children to find FUN things to do besides watching television -**

Play games at home like hopscotch and jump rope, make instruments out of kitchen items and dance to the music you make, play some one-on-one basketball or netball, take a walk around your local community, enjoy this weather and have a bike ride. Limit the amount of TV you watch, try having a TV free day once a week with your family.

**Be a positive role model for your child** - Show your children how you are active by taking the stairs instead of the elevator, get off the bus one or two stops early and walk the rest of the way, go for a walk after dinner with the family, check out a local park, or enjoy a family bike ride.

**Spend quality active time together** - As a family plan some trips that are free. There are many free activities like a family walk or a game in the backyard, visiting the local park, beach or a picnic. Your children will appreciate the time you take out to engage in physical activity.

## **SLEEP**

Sleep is essential for optimal health. Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night. To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

### **TIPS**

- To keep a consistent routine try not to vary bedtime and wake-up times by more than 30 minutes.
- Establish a nightly 'wind down' routine with your child or adolescent.
- Avoid screens one hour before going to bed.
- Make bedrooms a screen free zone including mobile.
- Model good behaviours

For more guidelines for healthy growth & development visit:

<https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-children-and-young-people-5-to-17-years-brochure.pdf>

## **SEDENTARY BEHAVIOUR**

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible. Sedentary recreational screen time should be limited to 2 hours per day. This does not include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

### **TIPS**

- **Set the Example.** Children will always gravitate toward the modeled behaviors of their parents.
- **Be the Parent.** It is your job to encourage healthy behaviors and limit unhealthy ones – sometimes this means making unpopular decisions.
- **Give your full attention to your child** rather than reading and responding to text messages and emails
- **Play with Your Children.** Get down on the floor with your children and pick up a doll, truck, or ball. It takes intentionality and selfless love.
- **Set Limited Viewing Times.** If you are not going to turn off the television completely, choose the appropriate television viewing windows for your kids.
- **Value Family Meals and Car Rides.** About two-thirds (64%) of young people say the TV is usually on during meals.

- **Leave the car at home** and ride or walk together to your local activities.
- **Be active together** on the weekends by taking a nature walk or learning a new activity
- **Encourage Other Activities.** And provide the necessary resources (books to read, board games, art supplies, and/or sporting equipment).
- **Be Involved in Their Lives.** For many parents, it is just easier to turn on the television than to actually be involved in the lives of their children. So observe, listen, ask, and parent.
- **Observe Your Child’s Behavioral Changes.** Television has an immediate impact on your child’s behavior.
- **Don’t Worry if They Miss Out on Parts of the Conversation.** Your child’s friend will talk about television. You will have successfully prepared to your child to enter into far deeper, richer conversations than the most recent Hannah Montana episode..
- **No TV’s in Bedrooms.** Not your kids’ rooms. And not yours either.

## HEALTHY EATING

With all the information out there, it can be hard to know what’s really important when putting it into practice. To make it a bit easier, and get the lowdown on the “how” of healthy eating, here are some helpful tips and ideas that will soon have you well on the way to bursting with health and vitality:

- getting more [fruit and veg](#) in your day
- understanding [kilojoules](#)
- [eat less saturated and trans fats](#)
- [eat less salt](#)
- [eat less sugar](#)
- choose [water](#) as a drink
- [portion sizes](#)
- healthy [shopping on a budget](#)
- a guide for healthy lunchbox ideas- healthy [lunchbox ideas](#)
- healthy choices when [eating out](#)
- [healthy recipes](#)
- [understanding the Health Star Rating System](#)

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## PHYSICALACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster — more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer. Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

## TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more vigorous activity to a day. They don't have to be organised, paid activities— they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with moderate-intensity activities such as bike riding, scootering or skate boarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of light activities include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to strengthen muscles and bones include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to switch sitting for being active. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.
- Teachers: you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.

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## Health & PE:

Health & Physical Education is an essential area of the curriculum that provides real opportunities for children to learn how to lead active & healthy lives – now and in the future. It recognises and actively promotes the importance of health and physical education and physical activity for physical, social, emotional and spiritual wellbeing. This is celebrated each week through Physical Education classes, daily activity sessions and play at recess and lunchtime. Our School staff are supported by ACHPER SA - The Australian Council for Health, Physical Education and Recreation, South Australia, who facilitate and provide opportunities for our staff and school to develop a better understanding of Active and Healthy Living.

