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MOVING MINDS

Moving Minds, our online fundraising platform, is up and running. Schools can now directly fundraise through their existing networks to raise money to implement our Active Schools program into their curriculum.

It's simple to use and 100% of funds raised are directed towards the school's nominated fundraising target. Congratulations to Bonython Primary School in the ACT, Ladysmith Primary School (NSW) and Bellbrae and Moorooduc Primary Schools in Victoria for being the first schools to sign up to Moving Minds. Visit our website – www.bluearth.org/moving-minds for more information, including some great fundraising tips

Ballarat Grammar Leadership Day

Year 9 students at Ballarat Grammar have embraced mindfulness as part of their Leadership Program. Here they are performing perfect 'L-sits' and practising their breathing dynamics.



Message from the CEO

Move More Sit Less

For some teachers, the thought of moving more and sitting less is inconceivable. Long, busy days wandering around the classroom and the school yard then squeezing in moments of sitting in the staffroom chatting with colleagues, it can feel like the scales are tipped well in favour of movement.

In our recent survey of over 1000 Australians, a number of teachers shared their thoughts about sitting. Despite generally sitting less than people in other professions, teachers were still keen to see the introduction of strategies to increase options for moving more and sitting less. This ranged from high benches in classrooms for teachers and students to starting each lesson with a movement snack.

Check out whether your schools has a Move More Sit Less culture at www.movemoresitless.org.au/activeschools. We'd love you to complete the Active Schools Survey –it's anonymous and the information you provide will help us shape the next phase of the campaign.

We've put together a range of tips, tools and resources including a range of new posters to help you create a culture of movement at your school. I'd also love to hear from you about ideas you have put in place at your school to make movement a part of everyday school life. Send your ideas to us: movemoresitless@bluearth.org

Wendy Gillett
Chief Executive Officer



Physical activity vs academic performance

With the recent release of the 2015 NAPLAN data, it's important to remember that this is only one measure of student performance. There are many other factors that we should consider when we assess how a child is developing and learning. The worry for some educators is that too much emphasis is put on NAPLAN to the detriment of other aspects of a child's education.

"Unfortunately, with increasing pressure on schools to ensure children achieve academic success, and the new practise of publicised average grade comparison between schools, physical activity classes (such as physical education and sport) are increasingly being pushed down the curriculum priority list." *Dr Karen Martin, School of Population Health, the University of Western Australia May 2010.*

It's encouraging to learn of the Victorian Government's new targets to measure the success of the school system as a whole. The targets include literacy and numeracy, but also cover the arts, critical and creative thinking, physical activity and resilience. This is the balanced, whole-of-school approach to learning and development that is needed for children to thrive.

Emphasising the importance of physical activity, and including a minimum time spent moving and being active, is critical to not only developing physical literacy, but for academic learning.

Research shows that regular participation in vigorous physical activity may enhance learning and improve grades.

However, there are also advantages to incorporating more moderate forms of movement into our day. Bluearth's new initiative, Move More Sit Less (www.movemoresitless.org.au) promotes the importance of doing this. But it's not just students who benefit from moving more and sitting less. The website is full of ideas for families and office employees to experience the physical, social and mental health benefits of being more active, every day.



MOVE MORE SIT LESS MOVEMENT SNACKS

3 Stretch



Have you had a movement snack today?

Movement snacks are a great way to break up sitting in the classroom. Take a photo of your class moving during class time and send it to movemoresitless@bluearth.org and we may feature it on our Facebook page (let us know if the students in the photo have permission to feature on social media).

More movement snack ideas can be found on the Move More Sit Less website: [www.movemoresitless.org.au/http://www.movemoresitless.org.au/files/MoveMoreSitLess_SchoolPosters_x6.pdf](http://www.movemoresitless.org.au/files/MoveMoreSitLess_SchoolPosters_x6.pdf)

"In Bluearth we can go fast, go slow and rest our brain all in the one class."

Montana, St Patricks Primary School, Wangaratta

Wangaratta Fun Run

We were proud to once again run the warm up activities for children and their families competing in the 2km Primary School Challenge, as part of the annual Wangaratta Fun Run.

Coaches Brandon Ryan, Kerry Hammersley, Cathryn Humphrey, Kristen Guymer and Matt Dillon ran the fun session for the more than 400 children who took part in the run.



Bluearth Coach, Kerry Hammersley, with fun run participants, Luke and Ryan

Reminder: can all principals and teachers please ensure they return their 2015 Bluearth surveys via Survey Monkey as soon as possible.