

Newsletter Snippets



National Health & Physical Education

DAY
06 SEPTEMBER 2017

Good for Children, Good for Schools, Good for Communities



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SAVE THE DATE

National Health and Physical Education Day 2017

This year, National Health and Physical Education (HPE) Day will be celebrated on **Wednesday September, 6 2017** with the focus of 'Good for Children' as part of a theme celebrated over a three year cycle - *Good for Children, Good for Schools, Good for Communities.*



How [school name] is celebrating National HPE Day

Wednesday September 6, 2017

School to provide details on how they plan to celebrate the day



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Step up to the challenge and take part in our #HPEday competition! | Wednesday September 6, 2017

National HPE Day organisers, ACHPER encourages schools, children, teachers and communities to take photos and videos of active participation in physical activity and upload them onto social media using the #HPEday hashtag and by tagging ACHPER Inc. Visit www.hpeday.com.au for details.



Why celebrate National HPE Day?

Wednesday September 6, 2017

An educated nation, comprising active and healthy young people, is the best investment we can make in the future. Learning in HPE makes an important, positive difference to their time as students and their lifelong participation and health outcomes. Parents and communities also play a central role in promoting, facilitating and modelling positive lifestyle behaviours. Visit www.hpeday.com.au for further information.



How will National HPE Day be celebrated?

Wednesday September 6, 2017

Teachers and Principals from schools across Australia are encouraged to get involved by holding activities or events during the week or on the day itself to demonstrate how much they value this important part of the curriculum. Visit www.hpeday.com.au for details.



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Benefits of physical activity for children

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Australian school children rank among the worst in the world when it comes to their physical activity levels and sedentary behaviours. The growing body of research shows that participation in HPE and physical activity leads to better student engagement, improved academic achievement during the school years, and also better outcomes in adult life.



Community involvement this National HPE Day

Wednesday September 6, 2017

Whether it be visiting the local community centre or park or getting involved in the local sport club, getting into the community and being physically active can have some major benefits. Not only will this reduce children's screen time, but it will also provide children with interactions with new people of all different cultures, religions and backgrounds. Visit www.hpeday.com.au for further information.



Encouraging physical activity in the home

Wednesday September 6, 2017

Parents are encouraged to commit to a 'parent pledge' on the National HPE Day website (www.hpeday.com.au) to ensure their child/children participate in 30 minutes of physical activity or other health promoting practices on the day. This could include talking to your children about the activities they learnt in their HPE class and playing the same games together in the family home or at the local park.



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Physical activity can lead to brain growth

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Research undertaken by the Department of Sport and Recreation in WA suggests that regular physical activity can increase levels of brain growth, increase children's concentration and attention, both in the classroom and at home. Research has also shown that regular physical activity in children can be a positive for academic achievement.



How can parents and communities be involved?

Wednesday September 6, 2017

Parents are encouraged to commit to a 'parent pledge' on the National HPE Day website (www.hpeday.com.au) to ensure their child/children participate in 30 minutes of physical activity or other health promoting practices on the day. The Good for Communities component to the National HPE Day theme also encourages parents, caregivers and even grandparents to participate in physical activity with their children and grandchildren.

