Welcome to the final LLW@S Newsletter for 2015! This newsletter will highlight Personal Development, Health and Physical Education (PDHPE) for children in primary schools as well as professional development opportunities and support resources for primary teachers and schools in Nepean Blue Mountains Local Health District.

CHANGE OF DETAILS
Please note that I have moved offices and am now located at:
Population Health, Lemongrove Campus
13-29 Gascoigne Street, Penrith NSW 2750
PO Box 126, Penrith NSW 2751
Phone - 4734 4881   |  Fax – 4734 3865

K-6 Physical Activity, Sport and Healthy Eating Conference @ Lithgow

Tuesday 17th November @ Civic Ballroom, Lithgow

The purpose of the K-6 Physical Activity, Sport and Healthy Eating Conferences is to support primary teachers to confidently implement physical activity into their daily program or sports session.

K-6 Teachers are offered a professional learning workshop to support the implementation of physical activity, sport and healthy eating into school programs.

Get simple, innovative activities to use with students in class as well as develop competency and confidence in planning physical activity options for students.

Free Registration and Teacher Relief for 1 teacher per school (additional registration $200), as well as 5 hours of QTC Registered PD. Spaces are limited so register now!

To register, go to: http://www.achpernsw.com.au/professional-learning/conferences/k-6-physical-activity-conference/

Don’t forget to ‘Like’ and ‘Follow’ the Healthy Children’s Network Facebook page!

Go to:
www.facebook.com/healthychildrensnetwork
Or: Scan the QR code

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#PenrithWalktober

Did you know October is Australia’s walking month! Join us in celebrating Walktober on Facebook.

All #PenrithWalktober posts during October will go in the draw to WIN a sports kit including a ‘FitBit’, water bottle, sports balls + more!

Harvest Hub

Harvest Hub is a social enterprise fruit and vegetable delivery service, providing convenient access to affordable, fresh produce for communities around Sydney, including your schools’ families and teachers.

For more information or to start a Harvest Hub in your school email: info@harvesthub.com.au or go to: www.harvesthub.com.au

Go4Fun Gets Families Moving!

The Go4Fun program is a free healthy living program for children 7-13 years (above a healthy weight range) and their families to adopt healthier eating habits & get more active.

The program runs for 10 weeks. Sessions are held once a week, for 2 hours, after school.

Children who graduate from the program spend 3.6 hours MORE being active and 5.5 hours LESS per week in sedentary activity!

Promote this program to families at your school to get them moving and improving fitness and health. Check out: www.go4fun.com.au

TERM 1 2016 PROGRAMS WILL BE HELD AT:

Blaxland Public School
Tuesdays from 2nd Feb – 5th April 2016; 4pm – 6pm

Lithgow Public School
Thursdays from 4th Feb – 7th April 2016; 4pm – 6pm

Contact Carly Hughes for more information or to order posters/ brochures
LLWatS Online Course—COMING SOON

The LLWatS 2 day workshop has been retired in favour of an online course. The online course consists of 6 Modules that have been developed to address all elements across the three domains identified in the Schools Excellence Framework.

The online professional learning promotes healthy eating and physical activity in schools. It provides school based professional learning to develop leadership capacity within your school by reflecting on and improving whole school strategies collaboratively with staff, students and community.

Completing the Modules will contribute hours of QTC Registered PD addressing a range of standards from the Australian Professional Standards for teachers maintaining the Highly Accomplished Accreditation in NSW.

Schools are strongly encouraged to work with their Live Life Well @ School Program Officer from the Nepean Blue Mountains Local Health District to receive additional support and resources.

More information to come. Keep an eye out!

Playground Marking Stencils

Don’t forget that there are playground marking stencils available to borrow! There are 5 to choose from:

- Hopscotch
- Snail hopscotch
- Dots
- Jump game
- Target

Stencils can be borrowed for 2 weeks at a time. If you need a Loan Form, email Carla Piliskic.
Healthy Lunchbox Magnets

Healthy Lunchbox Magnets are available to schools to provide to parents. These magnets can be distributed in a number of ways including:

- Kindergarten Orientation
- School Events
- With School Newsletter

If you haven’t received your Order Form, please email: Carla Piliskic

Maximum of 300 magnets per school. Orders of 50 magnets and under will be posted.

HAVE A SAFE AND HAPPY CHRISTMAS AND NEW YEARS!!