



BLUEARTH &  
ANNUAL REPORT  
& 2015

MOVING MORE EVERY DAY WILL MOVE  
YOUR LIFE MORE THAN YOU THINK

 **BLUEARTH**

## OUR MISSION

We are a national health promotion charity on a mission to improve the health and wellbeing of all Australians by addressing the effects of sedentary behaviour and encouraging everyone to move more and sit less.

We draw on the evidence that demonstrates being physically active will improve physical, mental and social wellbeing and not merely the absence of disease or infirmity. Movement develops our sense of self, builds confidence, improves resilience and reduces our risk of disease.

We recognise that widespread impact will require generational change, so our work starts in the early childhood years with Aussie kids and those that influence them to give them the skills and motivation to lead active lives.

We also recognise that widespread impact will require system change, so we work with government, industry and other community partners to advocate for improved policy and practice.

## FOUNDER'S STATEMENT

"I have long believed that the impossible can be achieved. Over the last 50 years, we have seen much of what we deemed impossible become reality; remote control devices, computers, the internet, live stream television, smart phones, tablets. They have all made our lives easier, but not necessarily healthier. Bluearth was founded on the principle that movement and physical activity are vital to our wellbeing. An active life brings us so much more than just good physical health. We still have a way to go to reduce sedentary levels, but in this, Bluearth's 15th year of working in schools, I believe more strongly than ever that we are making a difference to the lives of Australian children and their families and creating an active nation for our future generations."

**Malcolm Freake OAM,**  
Founder and Director



[bluearth.org](http://bluearth.org)



[movemoresitless.org.au](http://movemoresitless.org.au)



[physicalactivityaustralia.org.au](http://physicalactivityaustralia.org.au)



[walktober.org.au](http://walktober.org.au)

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# ORGANISATION GOALS

## EDUCATION AND CAPACITY BUILDING

- To support schools to reduce sedentary time and increase students' physical literacy.
- To support parents and carers to be active with children and encourage them to live active, healthy lives.
- To support a strong, viable high quality fitness industry to meet the diversity of client needs.

## AWARENESS AND REACH

- To increase awareness of the benefits and joy of physical activity and moving more and sitting less each day.
- To increase awareness of the dangers of sedentary living.

## ADVOCACY

- To advocate for policy change, including increased focus on physical activity in early childhood, schools, neighbourhood and workplace settings.
- To form coalitions with like-minded organisations to increase our strength of voice on issues relating to physical activity and sedentary behaviours.

## ORGANISATIONAL CAPABILITY

- To continually develop staff skills in achieving sustainable behavioural change in creating active lives for children and their parents and influencers.
- To develop fundraising and communications strategies.

## CHAIR / CEO REPORT

Our bodies are designed to move, but it seems each year we work harder to ensure we move less. In Australia, this active outdoor sport loving nation, over two thirds of the adult population lead fairly sedentary lives and do not meet the national Physical Activity and Sedentary Behaviour guidelines. The results for our children, our future leaders, are not much better.

In 2015, ABS data highlighted participation rates in sport and physical activity have declined a further five percent over two years. The Active Healthy Kids second report on Active Transport supported this revealing that only half our children use any form of active transport once a week.

Concerns about risk have led to increasingly sanitised home, school and built environments. There are now rules at school and at work, no running, no balls, no standing around and the underlying message is perhaps no fun. Ensuring safety is important but at what cost to our health and wellbeing? These short term measures to manage risk are contributing to more substantial, longer term problems.

We know the myriad of benefits that an active life can deliver. With declining activity levels, we are now seeing the negative impacts of inactivity. Physical skills, cognitive / academic performance and overall mobility in our ageing population are on the decline while type 2 diabetes in children and mental health issues continue to increase.

In 2015, we initiated a new campaign, Move More Sit Less with founding coalition members the Australian Physiotherapy Association; the Institute of Sport, Exercise and Active Living, Victoria University; and IBISWorld. Through this campaign, we are working to increase awareness about the dangers of sedentary living and the benefits and joys of active living. We are building a 'movement movement', bringing together those who are passionate about supporting others to reap the benefits of moving more and sitting less.

The response to our national survey was overwhelming: over 1,000 respondents completed the survey, with very high engagement with over 50% of respondents offering suggestions and ideas about how we can support people in the workplace, at home and at school to move more and sit less.

We all have a role to play in creating an active nation.

Whether you are a registered fitness professional as part of our Physical Activity Australia division, a teacher at a school, a parent or an individual, we can all move a little more, sit a little less and encourage and support others to do the same.

Recognising the critical importance of physical activity and play to childhood development, we significantly expanded our work in the early childhood sector in 2015. In partnership with government, we commenced delivery of our early childhood programs, in partnership with the YMCA ACT TakeOff! program, and our Parental Engagement and School Readiness program in northern Australia. Mighty Movers is an active play based program aligned with the Early Years Learning Framework. When the program begins in 2016, it will use play to support development across the five Early Development domains. Our Parental Engagement and School Readiness program involves working with Indigenous Communities in the Northern Territory and the Kimberley in Western Australia.

This work underpins our ongoing work in schools. With 167 schools involved in 2015, we have now worked in almost 20% of all primary schools across Australia. With a commitment to sustained change, we have a long term partnership with each school, usually involving 36 days of delivery over two years, ensuring schools are left with the tools, skills and resources to continue to build an active school culture and make movement a core tool for student and teacher learning development and wellbeing.

Of course like all not-for-profits in Australia, we cannot do this on our own. We need to continue to work collaboratively with government, other not-for-profits, philanthropic organisations, academia and the corporate sector to support the sustained change that we are seeking. The tight fiscal environment has created challenges. We are increasingly reliant on the generosity and support of our donors and partners who share our vision for an active nation.

We want to thank you, our supporters, partners, donors, volunteers, staff, patrons and Board members. Thank you for helping us make a difference. There is still a lot more that we can, and should, do. With your continued support, we will continue to do so.



**Yvonne Rate AM,**  
Chair



**Wendy Gillett,**  
Chief Executive Officer



## 2015 HIGHLIGHTS

IN 2015 WE WORKED WITH

**21,000**  
STUDENTS

IN

**167 SCHOOLS**  
FOR A TOTAL OF MORE THAN  
**3,000 DAYS**

WE WORKED WITH

**22**

PRE-SCHOOLS /  
PLAYGROUPS

**8** AFTER  
SCHOOL  
CARE  
CENTRES

+ 1 UNIVERSITY

**WE PROVIDED**  
TEACHING RESOURCES FOR

**2,800**  
TEACHERS


THROUGH OUR ONLINE  
TEACHERS RESOURCE CENTRE

WE CONTINUED OUR  
STRONG FOCUS ON DELIVERING TO

DISADVANTAGED  
SCHOOLS

**56%**

OF BLUEARTH SCHOOLS ARE CONSIDERED  
DISADVANTAGED ON THE ICSEA SCALE



WE DELIVERED MOVEMENT  
ACTIVITIES TO AN ADDITIONAL 5,000  
PEOPLE THROUGH OUR SUPPORT OF  
COMMUNITY EVENTS, INCLUDING  
FAMILY FESTIVALS, PARENT AND  
FAMILY DAYS AND STAFF  
WELLBEING SESSIONS.

**1,200**  
CHILDREN  
230 FAMILIES &  
300 EDUCATORS

PARTICIPATED IN EARLY  
CHILDHOOD PROGRAMS

# 97 TEACHERS

RECEIVED ACCREDITATION  
FROM THE PROFESSIONAL  
LEARNING PROGRAM



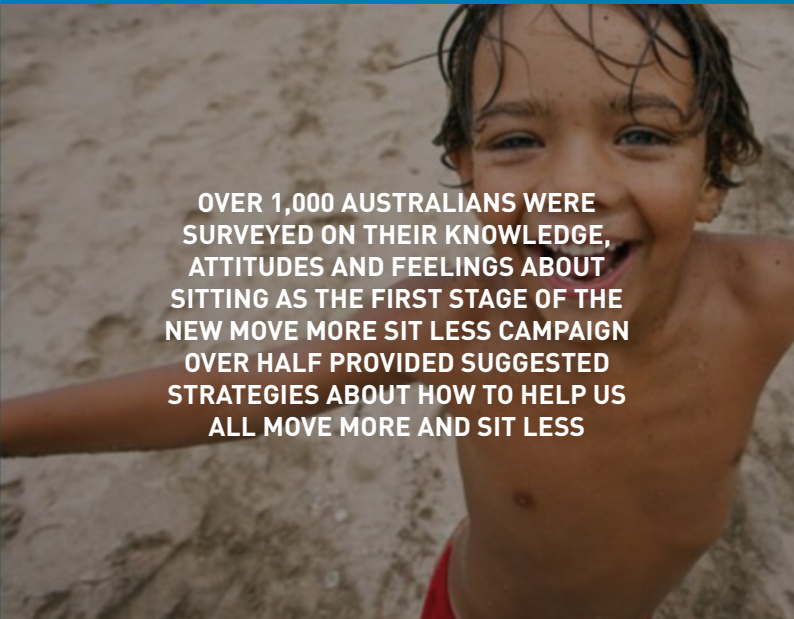
GIVING THEM THE SKILLS AND CONFIDENCE  
TO USE PHYSICAL ACTIVITY AND MOVEMENT  
AS A TOOL TO SUPPORT STUDENTS'  
LEARNING AND DEVELOPMENT

WHILE INDIGENOUS STUDENTS MAKE UP 5.3%  
OF ALL SCHOOL ENROLMENTS IN AUSTRALIA

# 37%

OF OUR SCHOOLS HAVE  
HIGHER THAN AVERAGE  
INDIGENOUS STUDENT POPULATIONS

IN 13% OF THESE SCHOOLS, MORE THAN A  
QUARTER OF STUDENTS WERE INDIGENOUS



OVER 1,000 AUSTRALIANS WERE  
SURVEYED ON THEIR KNOWLEDGE,  
ATTITUDES AND FEELINGS ABOUT  
SITTING AS THE FIRST STAGE OF THE  
NEW MOVE MORE SIT LESS CAMPAIGN  
OVER HALF PROVIDED SUGGESTED  
STRATEGIES ABOUT HOW TO HELP US  
ALL MOVE MORE AND SIT LESS

## 950 STUDENTS COMPLETED

THE  
ACTIVE LEADERS PROGRAM

RUNNING EVENTS FOR  
**THOUSANDS**

OF SCHOOL PEERS &  
COMMUNITY MEMBERS

LOCAL BUSINESS DONATED

# \$61,500

TO SUPPORT **+** 150 TEACHERS  
4,000 STUDENTS AT 31 SCHOOLS

TO IMPLEMENT THE  
**ACTIVE SCHOOLS  
PROGRAM**

2 YEARS INTO  
THE 3 YEAR



**TAKEOFF!**  
**PROGRAM IN THE ACT**  
**60% OF EDUCATORS  
INVOLVED AGREE**



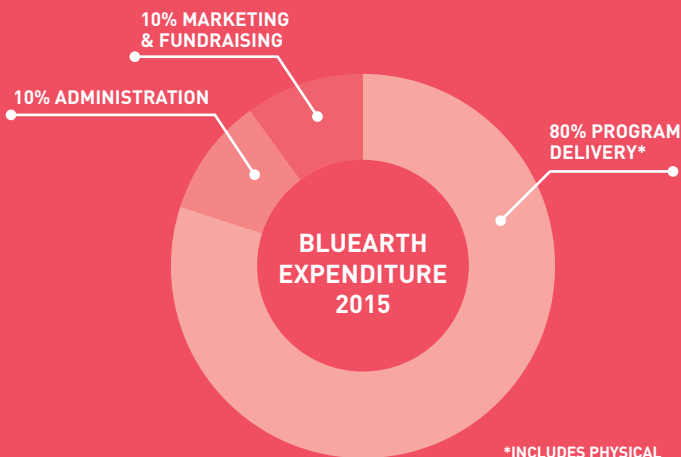
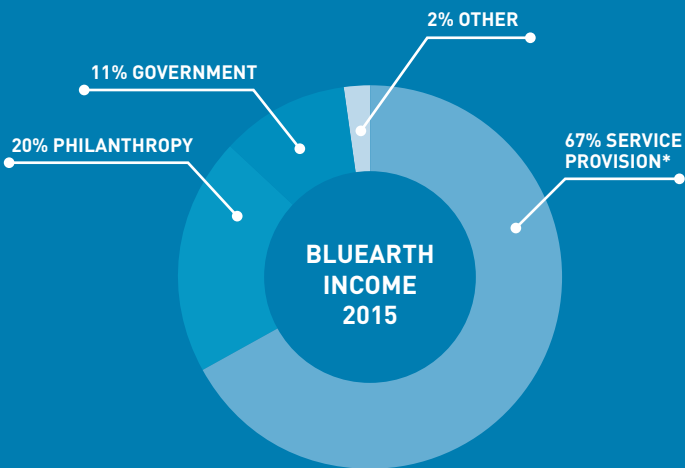
THAT THE TRAINING THEY HAVE  
RECEIVED HAS ALREADY IMPROVED THEIR ABILITY  
TO CONTRIBUTE IN A MEANINGFUL WAY TO  
CHILDREN'S MOVEMENT EXPERIENCES

# 2015 HIGHLIGHTS

## THE ANNUAL TEACHER AND PRINCIPAL SURVEYS SHOWED THE ACTIVE SCHOOLS PROGRAM:

SUPPORTS LEARNING AND DEVELOPMENT			IMPROVES CONFIDENCE IN DELIVERY OF PHYSICAL ACTIVITY		
TEACHERS:	YES: 99%	NO: 1%	TEACHERS:	YES: 98%	NO: 2%
PRINCIPALS:	YES: 98%	NO: 2%	PRINCIPALS:	YES: 98%	NO: 2%
PROMOTES POSITIVE RELATIONSHIPS WITH STUDENTS			DELIVERS HPE CURRICULUM REQUIREMENTS		
TEACHERS:	YES: 100%		TEACHERS:	YES: 99%	NO: 1%
PRINCIPALS:	YES: 100%		PRINCIPALS:	YES: 98%	NO: 2%

SINCE 2002, WE HAVE WORKED WITH A TOTAL OF **330,000 STUDENTS** & DELIVERED PROGRAMS INTO ALMOST 20% OF ALL AUSTRALIAN PRIMARY SCHOOLS.



\*INCLUDES PHYSICAL ACTIVITY AUSTRALIA



## BLUEARTH SCHOOLS, PLAYGROUPS, AFTER SCHOOL CARE CENTRES AND UNIVERSITIES

AUSTRALIAN CAPITAL TERRITORY	17	QUEENSLAND	6
NEW SOUTH WALES	28	VICTORIA	99
NORTHERN TERRITORY	25	WESTERN AUSTRALIA	22

### PRIMARY SCHOOLS THAT HAVE RUN BLUEARTH PROGRAMS

STATE / TERRITORY	% OF TOTAL	TOTAL
ACT	62%	50
NSW	6%	118
NT	47%	34
QLD	5%	54
SA	27%	138
VIC	31%	488
WA	33%	217
TAS	0%	0



# ACTIVE SCHOOLS

The World Health Organisation's model for health promoting schools is designed to improve the health of students, school personnel, families and other members of the school community. By its definition, a Health Promoting School constantly strengthens its capacity as a healthy setting for living, learning and working. This model is adopted by the Australian Government Department of Health and Ageing through their Healthy and Active Schools Community initiative.

Our Active Schools program is aligned to both models. It addresses the Health Promoting Schools Framework through a long-term, sustainable approach. Active Schools' sessions are held in each school once a fortnight, for a period of two years. This builds teacher capacity and sustainable behaviour change for students, thus creating greater independence in making healthy lifestyle choices, and using movement to support learning and development.

## HEALTH PROMOTING SCHOOLS FRAMEWORK



## CURRICULUM TEACHING AND LEARNING

- 21,000 students from 167 schools took part in our Active Schools Program in 2015.
- Provided professional learning for 840 teachers in Active Schools sessions.
- Delivered 124 school-based workshops for more than 1,000 school staff members.
- Supported 2,800 teachers through the online Teachers Resource Centre.
- Trained 120 teachers in mindful movement across regional Australia.

## SCHOOL ORGANISATION, ETHOS AND ENVIRONMENT (including staff welfare)

- Delivered wellbeing and stress reducing workshops for more than 500 principals.
- Developed 950 school peer leaders in physical activity through the leadership program.
- Supported students to deliver whole-school physical activity sessions to thousands of school peers and community members through the Leadership Program.
- Delivered a joint program with the Alannah and Madeline Foundation's Better Buddies Program designed to reduce bullying and promote peer support.
- Delivered a mindfulness program into Ballarat Grammar as part of Mental Health Week.



## CASE STUDY

### ST MONICA'S PRIMARY SCHOOL, BENDIGO

Inspired by their students' enthusiasm to move more and sit less, staff at St Monica's wanted to include more physical activity in their day. In response, Bluearth Physical Activity Project Officer, Mandy Sgarioto, issued a challenge to the staff – let's ride around Victoria from the comfort of the staff room! Teams were decided, the 4,000km route planned and stationary bikes were donated by Feelgood Fitness Bendigo. Students enjoyed hearing about their teachers' progress, and encouraged them to reach their goals. As a result of the initiative, more staff, students and parents now use active transport to get to and from school.

## WE ASKED TEACHERS WHAT THEIR STUDENTS ENJOYED MOST ABOUT THE ACTIVE SCHOOLS PROGRAM...

"They value the opportunity to make their own decisions and mistakes with enough support."

**Petrea Raulinson,**  
**Immaculate Heart Catholic School,**  
**Leichardt QLD**

"Developing their leadership attributes and improving their ability to work as part of a team in both physical exercises and whole school based tasks."

**Matt Knight,**  
**St Joseph's Primary School,**  
**Rochester VIC**

"It has been a fantastic support towards the achievement of my classroom goals. Lois's demonstration of the varied activities to engage students and to develop mindfulness and resilience has been invaluable. The improved students' social skills, promotion of a healthy attitude towards competition and development of mindfulness have also been of great benefit."

**Gillian Bowles,**  
**Dalyellup Primary School,**  
**Dalyellup WA**

"My students are learning strategies to help them work better in group situations, respecting themselves and others. The learning all takes place while we are keeping active, fit and having a heap of fun!"

**Luke O'Meara,**  
**Bellbrae Primary School**  
**Bellbrae VIC**

## PARTNERSHIPS AND SERVICES

- Conducted parent/family sessions in 24 different school communities to encourage families to be active together.
- Built community partnerships between businesses / philanthropic organisations and local schools to deliver the Active Schools programs into schools.
- Delivered presentations to community networks to increase awareness of importance of physical activity for children.
- Launched Moving Minds Fundraising Platform to enable schools to work within their own communities to fundraise for the Active Schools Program.
- Delivered Bluearth movement sessions into Cobram Specialist School and Wangaratta Specialist School for students with special needs.
- Connected to health and physical activity networks in NT, WA and ACT.
- Delivered workshops at the Annual Australian Council for Health, Physical Education and Recreation conference.

## CASE STUDY

### GETTING KIDS ACTIVE

'Getting Kids Active' engaged at-risk students from four primary schools in Benalla, regional Victoria. Funding from the Ledger Charitable Trust (managed by Perpetual) allowed students from four Peranbin College campuses to take part in skill-based activities, mindfulness and relaxation. The year-long program culminated in a celebration day. At the completion of the program, staff noted increased activity levels and improved student relationships. Evaluation also showed that when students take part in inclusive and enjoyable physical activity experiences, they can develop a love of movement, even if they have been reluctant in the past.

# ACTIVE LEADERS PROGRAM

Nine hundred and fifty students developed leadership skills as peer leaders through the Active Leaders Program. Peer leaders, in upper primary and middle secondary school, ran school events promoting the benefits of physical activity and engaging their school and wider communities. Events this year reached thousands of people and included:

- Regular mentoring of younger year levels
- Student-led Bluearth Program at Wangaratta District Specialist School
- Coordination and delivery of Bluearth Activities at Cancer Council Relay for Life event
- Walktober walk-to-school event

## CASE STUDY

### MAKE YOUR MARC LEADERSHIP PROGRAM

Students at Northern Bay College in Geelong, Victoria, have once again been enthusiastic participants in the Active Leaders Program. In an ongoing partnership with Give Where You Live, forty-eight students in years 6-8, from four of the school's campuses were selected to take part in the year-long program. The 2015 'Make Your MARC', project focused on using Mindfulness, Awareness and Resilience skills to advocate for the importance of physical activity to the wider Northern Bay College community.

The weekly leadership sessions included planning and leading fun, meaningful, inclusive physical activity sessions; written and verbal communications skills; learning to work with other leaders and how to develop their own individual coaching philosophy. The student leaders used their new found skills to coordinate a series of events attended by more than 1,000 students, staff and parents, including: organised class and lunchtime activities to encourage more physical activity throughout the school day; evening community sessions for students and their parents, and two whole-of-school events where the student leaders coordinated movement and mindfulness activities for all students and staff.

"The 2015 Make Your MARC program has helped create an energetic and enthusiastic leadership culture in Year 6-8 students involved. The success has been such that students now seek out the opportunity to be involved and teachers report other benefits that manifest in the classroom and other aspects of student lives."

**Fred Clarke, College Principal**  
Northern Bay College  
Geelong VIC

"I'VE LEARNT A LOT ABOUT PUBLIC SPEAKING, RELAXING AND BREATHING TO CALM YOU DOWN. I REALLY ENJOYED CONNECTING WITH YOUNGER KIDS AND LEADING THE COMMUNITY DAY."

**Jaiden, Year 8,**  
Northern Bay College  
Geelong VIC

"I HAVE LEARNT A LEADER'S JOB IS NOT TO BOSS PEOPLE AROUND, BUT TO SHOW THEM THE WAY."

**Sean, Year 8 Campus Captain,**  
Northern Bay College  
Geelong VIC





# EARLY CHILDHOOD

The five Australian Early Development domains; physical health and wellbeing; social competence; emotional maturity; language and cognitive skills; communication skills and general knowledge, are closely linked to children's health, education and social outcomes as they grow. With one in five Australian children vulnerable in at least one of the development domains, our work with the early childhood sector is of increasing importance.

In response to feedback from schools and requests from playgroups, we launched an early childhood program in 2015. The program was designed to build on existing research and evidence on the critical role of active play in learning and development and preparing a child for school. The program is aligned with the Early Years Learning Framework; Being, Belonging, Becoming and has four key goals:

- 1 – To support school readiness by facilitating development in the early developmental domains of play:
  - a) Fine motor skills
  - b) Gross motor skills
  - c) Social and emotional development
  - d) Language development
  - e) Cognitive development
- 2 – To support the learning and development of vulnerable children
- 3 – To support the development of skills in early childhood educators
- 4 – To develop parent confidence in enabling more child-led active play to occur

## CASE STUDY

### TIN SHED PLAYGROUP, ST ALBANS VIC

"Families were initially wary of a new program at the playgroup", said Tin Shed Coordinator, Elfie Haggblom. "They preferred the children to play inside. But Richard's enthusiasm and patience paid off. By the time he had finished his sessions with us, parents were participating and enjoying the games and activities. I've found that now, instead of just watching their children play, parents have become more likely to join in with games and activities their children had initiated."

Funding from the Federal Government's IAS program, ACT Health (in a partnership with YMCA) and Hume and Brimbank Councils enabled the development and introduction of early childhood programs into 22 playgroups and early learning centres across Australia.

Our staff use active games, imaginative play and free play outside to provide parents and educators with the confidence to initiate active play with young children. While the program encourages parent / caregiver involvement, it also is designed to ensure child-led play is the foundation of the program. Children and parents benefit through their engagement in fun, playful activities. Educators can see the activities are designed to support the development of neural pathways through cross patterning activities as well as supporting problem solving and cooperative behaviours, fine and gross motor skills and enhancing language skills.

Parents and educators who took part reported feeling more connected to their children and more likely to introduce play at home.

## ACTIVE FAMILIES PLAYING TOGETHER

A partnership with Playgroup Victoria and Softball Victoria secured a VicHealth Innovation Grant. 'Active Families Playing Together' is a program that will deliver movement activities to children and their parents. Each session will also provide a social game of softball to parents within playgroup settings. The pilot program will roll out in playgroups across Victoria in 2016.





# WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES

Recognition of the importance of autonomy and self-empowerment at both the individual and the community level guides our work with Aboriginal and Torres Strait Island communities in the Northern Territory and Western Australia. Our work supports the objectives of the Close the Gap campaign of improving health and wellbeing; working with Aboriginal and Torres Strait Islander children to help them realise their potential. At their core, our programs aim to improve overall health and wellbeing, including social and emotional health and developing healthy habits for life. As such we work with a range of community-based Aboriginal organisations, such as the Central Australia Aboriginal Congress and the Aboriginal Medical Services Alliance NT, seeking input and guidance regarding community needs.

We have been fortunate to have been involved in the Kimberley for the past eleven years, and nine years in the Northern Territory. This has been integral to creating long-term sustained change in communities experiencing high levels of disadvantage.

## PARENTAL ENGAGEMENT AND SCHOOL READINESS (PESR) PROJECT

### What is the PESR Project?

Six out of ten Indigenous children are vulnerable in at least one of the Australian Early Development domains (physical health and wellbeing; social competence; emotional maturity; language and cognitive skills; communication skills and general knowledge). While this has improved slightly in recent years, there is still an enormous amount of work to be done to ensure Aboriginal and Torres Strait Islander children have the best chance of a healthy, successful life.

Funded through the Federal Government's Indigenous Advancement Strategy, the PESR Project aims to increase child and family involvement connection with early childhood education (playgroup, kindergarten and early primary school). Engagement in early education is closely linked to reaching the developmental domains and improved school readiness.

### The PESR Project uses active play and movement challenges to:

- Increase participation and positive learning outcomes in early childhood development, care and education, leading to improved school readiness.
- Increase school attendance and improve educational outcomes.
- Increase the capacity of Indigenous families and communities to engage with schools and other education providers.

### We deliver our outcomes by:

- Supporting learning and development, shared experience, coordination, balance, spatial awareness, motor skills and mindfulness.
- Having movement and play as a key and fundamental component of the school curriculum.
- Increasing parental involvement in children's education and their school through parent workshops and special events.
- Working in conjunction with community health centres to engage with parents in community settings and gradually introduce them to school.

### What impact has the project had so far?

**87%** of educators reported the project supports children's school readiness

**76%** of educators reported that the project improves relationships with students

**71%** reported improvements in relationships with children's families

## SCHOOL ENGAGEMENT – USING MOVEMENT TO ENHANCE LEARNING AND DEVELOPMENT

We work with educators in primary and secondary schools to provide them with the skills and confidence to develop students' physical, emotional and social wellbeing in what is a very challenging period of their lives. Focus areas include:

- Supporting secondary school students to enjoy being physically active and to use physical activity to help manage their emotions.
- Enabling students with learning difficulties to better interact with their peers and teachers.

What impact has the program had so far?

**96%** of teachers surveyed believe that the Bluearth program supports learning and development

**96%** believed that Bluearth helps develop resilience, cooperative behaviours, self perception and self awareness

**96%** believed that Bluearth promotes positive relationships with students

“BLUEARTH GIVES US AS EDUCATORS IDEAS FOR INSPIRATION AND DIFFERENT WAYS/METHODS OF DOING THINGS WHICH IS SO VALUABLE IN THE CHILD CARE CONTEXT WHERE WE DO NOT HAVE MUCH OUTSIDE ENGAGEMENT.”

Robyn Ezard, Early Childhood Educator,  
Central Australian Aboriginal Congress Playgroup

## CENTRALIAN MIDDLE SCHOOL COLOUR RUN



Students involved in the Active Leaders program and their teachers organised a Colour Splash Run for 115 students and staff at Centralian Middle School, Alice Springs. Colours were splashed on to students throughout the run, and then everyone enjoyed a giant slide at the end. The event highlighted both the joy of being active but also the leadership skills and capacity of students in organising and delivering the event.

## NGKURR SCHOOL, ARNHEM LAND



“The students from Ngkurr are especially receptive when adults are fully engaged with them, sharing the movement experience as opposed to ‘teaching’. This sets up a great dynamic for development of physical skills and health and also relationships critical to positive school experiences.”

Richard Corbet, National Operations Manager,  
reflecting on his visit to Ngkurr.



## WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES

### CASE STUDY

#### KWATJA ETATHA PLAYGROUP, ALICE SPRINGS

Every Monday, 14 children and their families spend the morning at Kwatja Etatha Playgroup. They spend half of their playgroup session taking part in Bluearth activities led by Josh Mapstone. Using the playgroup's natural environment, the children and their families explore, run, walk, climb, chase, hula hoop and play games. Through these activities, children's families are also becoming more active.

Kwatja Etatha Manager, Lavinia Hampton, has seen a difference in the way staff run playgroup sessions. "We are all now more confident in engaging with parents and carers, encouraging them to feel confident and have fun with their children." She has also noticed changes in the children and their families and carers. "The children now think out of the box when it comes to exploring. On the days when we don't have Bluearth, the children play more together. The families are more playful with their children and we have noticed the parents and carers assisting children more in their play."



### CASE STUDY

#### ACTIVE KIDS, ACTIVE FAMILIES

With support from Perpetual Philanthropic Services (Brasher Family Trust), the Active Kids, Active Families program ran in three communities in the East Kimberley, Western Australia. Two hundred and fifty children and their families took part in weekly physical activity sessions to address issues around physical inactivity, health disadvantage and inter-generational divide.

The program showed that children respond readily to movement. Teachers saw that an 'active classroom' is beneficial in engaging and maintaining student attention, and reported increased confidence in running activity sessions in class time. The program also demonstrated how important parents are as active role models for their children.



Thanks to our supporters and partners who enabled our work with Aboriginal and Torres Strait Island communities in 2015; Department of Prime Minister and Cabinet – Indigenous Advancement Strategy, Next Health Group, Joyce Blair and Perpetual Philanthropic Services (Brasher Family Trust).

"We introduced Bluearth as a way of inspiring young people to discover the joy of physical activity and the benefits that can come from it. It was an also an important opportunity for our school to build links in the community and for the staff team to link in with an organisation that has a similar philosophy to our own.

The male students have benefited from the mindfulness, reflective practice and the self-awareness that the program brings. The young women have enjoyed the non-competitive nature of the games. It has been amazing to see the young women laughing, smiling and enjoying themselves as a group through physical activity."

**Ben Ebert, Principal, St Joseph's Flexible Learning Centre, Alice Springs**

"I LOVE EVERYTHING WE DO IN BLUEARTH. I FEEL STRONG AND I LIKE QUIET TIME TOO."

**Jed, Pre-Primary**

"SOME OF THE LOWER ABILITY CHILDREN HAVE BEEN ENCOURAGED TO BE MORE ACTIVE AND THIS HAS HELPED THEM GAIN NEW SKILLS."

**Jenny Pufke, Pre-Primary Teacher, Kununurra**

"BLUEARTH MAKES ME HAPPY BECAUSE I TRY TO RUN FASTER AND HELP MY FRIENDS AND LEARN AND LISTEN."

**Celise , Grade 2, Sadadeen Primary School**





## COMMUNITY PARTNERSHIPS

### TakeOff!

In the last two years more than 500 children and 100 educators at YMCA early learning centres and after-school care centres in the ACT have participated in the TakeOff! Program. A partnership with YMCA Canberra and funded by ACT Health, TakeOff! supports educators to be positive 'movement role models' to the children and demonstrate how to incorporate more movement into their everyday lives.

Through shared experiences, exploring natural play spaces and simply having fun together, educators and children are developing knowledge and skills that will empower them to live healthy, active lives.

"I love jumping in the spider web with Ross and my friends".  
**Jocelyn, aged 4, ACT**

"HEALTHY ROLE MODELS =  
HEALTHY CHILDREN. INCREASING  
OUR AWARENESS OF MOVEMENT  
HAS HELPED US TO ENCOURAGE  
THE CHILDREN TO MOVE AND  
THEY LOVE MOVING! WE NEED TO  
NURTURE THAT ENTHUSIASM SO  
THEY CONTINUE TO LOVE IT AS  
THEY GROW."

**Hayley, YMCA Early Learning  
Centre Educator, ACT**



Photos courtesy of YMCA Canberra.

### TAKEOFF! PRELIMINARY EVALUATION WITH ONE YEAR OF THE PROJECT LEFT TO RUN HAS SO FAR SHOWN THAT:

# 60%

of respondents **agree** that participating in training for the TakeOff! Program has improved their ability to contribute in a meaningful way to children's movement experiences.

# 45%

**increase** in the number of staff who understand the national Physical Activity Guidelines for children and young people.

# 25%

**increase** in the number of educators who regularly involve themselves in movement activities with the children since the program's introduction.



## CREATING BETTER BUDDIES

A joint project with the Alannah and Madeline Foundation gave students at University Park Primary School a unique opportunity to experience a combined Bluearth and Better Buddies program. Funded by the Lord Mayor's Charitable Foundation, BluBuddies (as it became known) combined the movement experiences of the Active Schools Program with the Better Buddies resources that are designed to reduce bullying and promote peer support. Combining the two programs gave students an opportunity to apply the leadership and peer support skills they were learning as part of the Better Buddies program.

Upper primary students participating in BluBuddies developed the movement skills and confidence to share positive experiences with peers and younger buddies. The program culminated in National Buddies Day celebrations, where older students supported their younger buddies through a range of movement activities.

Many of the BluBuddies activities became playground standards and the social and emotional skills learned transferred into other parts of students' lives. Teachers reported the program led to a more active, vibrant and cooperative school community.

**"STUDENTS ACROSS ALL YEAR LEVELS ARE FORMING POSITIVE RELATIONSHIPS, WORKING TOGETHER BETTER AND ARE COOPERATING TO ACHIEVE A COMMON GOAL – SKILLS THAT HAVE CREATED A REALLY POSITIVE SCHOOL CULTURE."**

**Louise Dingley, Assistant Principal,  
University Park Primary School**

"On National Buddy Day, me, my buddy and everyone else were not just playing and having fun but learning and getting along with one another."

**Patrick, Grade 4**

## PE PULSE

PE Pulse, launched in 2015, provides a resource for teachers in the ACT to increase students' activity levels through organised sport, active recreation and physical activity. The network was established with the assistance of the ACT Government Directorates of Education, Health, Sport and Recreation, the Catholic Archdiocese of Canberra and Goulburn and the Association of Independent Schools of the ACT.

We joined with other likeminded organisations to form the network with the vision that working together would result in greater physical activity outcomes for students, schools and community organisations. As a member of the network, Bluearth staff volunteer time and expertise at PE Pulse events, running movement sessions for teachers and students. Following the 2015 launch, events and workshops are planned for 2016.



# MOVE MORE SIT LESS

Our new campaign, Move More Sit Less, was developed as a response to the growing concern about the increasingly sedentary lives of Australians, and the importance of a shared focus on both active living and addressing sedentary behaviour.

Move More Sit Less is a whole-of-community-initiative about getting people moving more and sitting less and changing sedentary behaviours. Rather than a prescriptive call, Move More Sit Less is about raising awareness of our sedentary habits and through that awareness, providing a nudge in the right direction.

The first stage in building awareness was to undertake a major research project. To date much of the research about sedentary behaviour has focussed on the measurement of sedentary time and the health risks. In contrast, the Move More Sit Less research was designed to gather information about people's levels of awareness of their sitting habits, their feelings and attitudes associated with prolonged sitting and suggested strategies to support people to move more and sit less.

## The Move More Sit Less survey looked at a range of sitting behaviours and issues including:

- awareness of the risks associated with sedentary behaviour
- perceived and reported sitting habits
- awareness of physical activity and sedentary behaviour guidelines
- feelings associated with long periods of sitting
- feelings about breaking up periods of sitting
- perceptions about sitting and wellbeing; and
- participant-suggested strategies to reduce the frequency and duration of prolonged periods of sitting.



Achieving a reduction in sitting time, like all successful health promotion behaviour changes, will take a multifaceted sustained approach. It is not sufficient to have evidence of the effects of harmful behaviours, nor even to have expert recommendations as to remedies. As it is up to us all to make our own decisions on how we live our lives, long-lasting behavioural change is dependent on opportunities, socio-cultural factors, and individual choices. We need good options supporting change and personal motivations to do so.

For these reasons, the MMSL survey aimed to raise awareness of the feelings and effects associated with long periods of sitting versus the feelings experienced when more regularly active. Such awareness is the beginning of choice at the individual level.

## Initial analysis of the results commenced in 2015 and highlighted that:

**98%** had heard that extended periods of sitting was not good for health

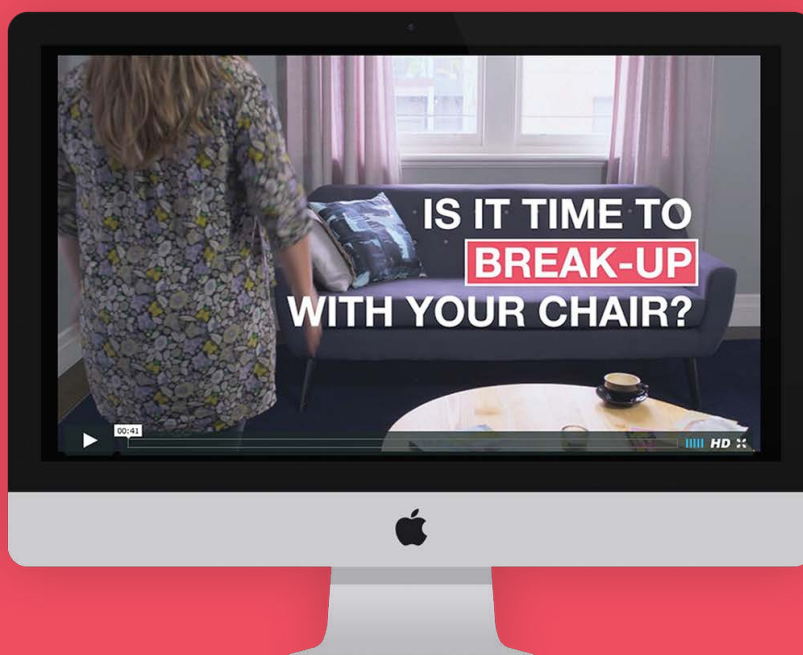
**80%** of people would like to sit less

**67%** of people incorrectly think 30 minutes of exercise a day is enough to keep you healthy even if you sit for long periods throughout your day

Survey respondents were also invited to suggest strategies that would support people moving more and sitting less.

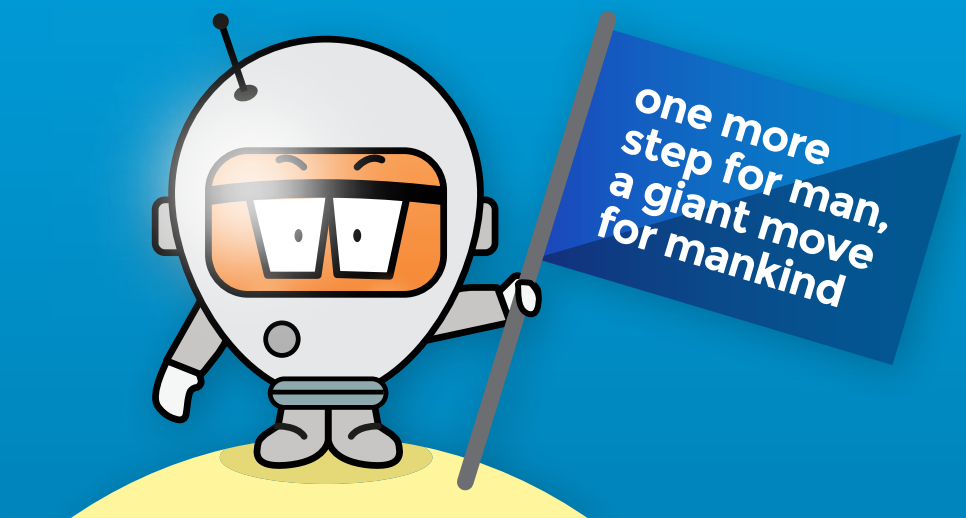
**"I THINK IF THERE IS A CULTURE OF MOVING IN AN ORGANISATION AND OTHERS ARE DOING IT THEN IT ENCOURAGES PEOPLE TO ALSO MOVE. I THINK IF THE PUSH COMES INTERNALLY FROM A COMPANY THAT IS THE BEST WAY. IN SOME WORKPLACES PERIODS AWAY FROM THE DESK ARE CONSIDERED DISCIPLINARY ISSUES, THAT MENTALITY NEEDS TO SHIFT IF WE WANT TO GET UP MORE."**

We will develop a range of tools and strategies for the workplace, in schools and for families, to address the issues that arise during the research analysis.



## DID YOU KNOW?

The average office worker will spend 80,000 hours sitting during their lifetime. That is the equivalent of travelling around Australia 320 times... or travelling to the moon!



# PHYSICAL ACTIVITY AUSTRALIA

Physical Activity Australia (PAA), a division of Bluearth, continues to provide positive opportunities for extended reach and influence in the fitness industry community.

PAA has continued to build on national awareness following the rebranding in 2015 with a communications strategy, monthly newsletter and continual growth in our social media presence. In addition, we have benefited from participation in various major industry events such as Filex National Fitness Expo, Mishfit Women's Health Summit and interstate key stakeholder meetings.

Partnerships and engagement with universities, gym chains and training organisations through student presentations and industry events continues to ensure we are focussing on and addressing the issues of greatest concern to industry members.

## KEY ACHIEVEMENTS

Introduction of student membership strategy resulted in a 218% increase in student memberships.

66% increase in social media followers.

Strengthened relationships with Deakin, Victoria and Australian Catholic Universities.

Increased organisational capability with new General Manager and Business Development Manager with extensive fitness and business experience.

In 2015, the PAA Industry Advisory Committee was established, with representation including gym chains, trainers, fitness business, training organisations and university. Meeting quarterly, this group provides a wealth of industry experience and challenging yet constructive discussions on industry needs.

In a very challenging environment with a high industry dropout rate, PAA has sustained membership and focussed on growing student numbers with a view to converting more industry entrants to full registration. Evolution of processes and policies regarding recognition of professional development and industry engagement is ongoing. Managing changes in formal training packages, a self-regulating industry with fluctuating entrant numbers gives rise to a need for strong retention strategies and clear strategic direction to remain relevant.



Walktober is Australia's biggest community event and this year Bluearth relaunched the Walktober Challenge to give people an opportunity to participate and fundraise. Community groups throughout Australia uploaded free walking events to enable people to join them to experience the benefits of walking and exploring your local community. A revamped website and increased social media profile led to increased awareness of the event, and more people taking part and discovering the many benefits walking can bring.

**WALKTOBER AIMS TO EXPAND ITS PROFILE IN 2016 TO ENCOURAGE MORE PEOPLE TO JOIN THE WALKTOBER COMMUNITY.**



A full-page photograph of a woman with blonde hair, wearing a black long-sleeved shirt, light blue shorts, and green sneakers, performing a handstand in a grassy field. She is smiling and looking up. The background consists of a clear blue sky and a line of green trees. The text "EVERYONE HAS A ROLE TO PLAY IN CREATING AN ACTIVE NATION" is written in a white, hand-drawn, sans-serif font, tilted upwards to the right. It is flanked by two sets of three short, white, diagonal lines, resembling motion lines or exclamation marks.

EVERYONE HAS A ROLE  
TO PLAY IN CREATING  
AN ACTIVE NATION



# FUNDRAISING

In 2014, Bluearth implemented a Fundraising Review and Strategy which outlined the clear goals for the next three years. The fundraising strategic goals underpin and support the organisation's Forward Strategy. In 2015, we implemented fundraising activities and processes into the organisation to align with these key areas which included:

- Developing an online donation process which linked to our CRM (database).
- Expanding donor offerings on our website to include community fundraising activities.
- Securing preferred charity agreements for fundraising events and activities.

- Broadening our organisational profile with the appointment of a new PR/Communications staff member.
- Developing key community partnerships to secure co-funding for new programs.
- Establishing a fundraising committee to identify new opportunities.
- Established Moving Minds, an online fundraising platform for schools to raise funds through their local community to support Bluearth into their school curriculum.

IN 2015 GENERAL DONATIONS INCREASED BY 32% ON 2014.

## 2015 KEY FUNDRAISING EVENTS AND ACTIVITIES

In July, Bluearth entered a Team into Run Melbourne. Eight team members completed the 10km course through some of Melbourne's more iconic landmarks on a cold winter's day.

Bluearth was one of four preferred charities for the Monetary Affair Ball in July. Bluearth was delighted to host a number of our key corporate partners from the North East Victorian region at the gala event.

In October, the Australian and New Zealand Institute of Insurance and Finance held its WA Charity Luncheon in Perth to support our work in WA. Andrew Vlahov OAM, Olympian and Perth Wildcats player and owner, was the guest speaker who spoke passionately about the importance of movement and activity in creating his success through life.

Surf Coast News supported Bluearth by nominating them as the preferred charity for the corporate function at the Torquay Cup in October. Monies raised went to supporting schools along the Bellarine Peninsula in Victoria.

Through Everyday Hero and our Create your Own Event on our Website, a number of people set up their own community fundraising to help raise funds for Bluearth. This included September – where people had to complete a certain number of fitness reps each day and participants in Spring Cycle in Sydney.



RUN MELBOURNE



MONETARY AFFAIR BALL



TORQUAY CUP





MOVING  
IS ESSENTIAL  
FOR LIFE



## FUNDRAISING

### WULAGI WALKATHON

Wulagi Primary School in Darwin signed up to our online fundraising platform, Moving Minds, to raise funds to support Bluearth into their school. They organised a community walkathon to kick start their fundraising efforts. In the weeks leading up to the walkathon, staff coordinated weekly walking sessions which attracted whole families who regularly walked together before school. This created momentum for walkathon, where more than 150 students, teachers and families took part. Over \$6,600 was raised with the help of the school community and local businesses. This success has led to plans to make the Wulagi Walkathon an annual event.

"MY DAUGHTER ASKED ME TO COME AND WALK WITH HER. I DON'T MAKE IT TO MANY SCHOOL EVENTS SO I ENJOYED SHARING THIS MORNING WITH HER".

Frank, Wulagi Primary School parent



WULAGI WALKATHON



St Augustines Primary School fun run.



## STAFFING PROFILE

The continuing successes enjoyed by Bluearth are due to the dedication and passion shown by all staff members at Head Office and out in the field. The professionalism shown by our Physical Activity Officers is reflected in the Principal and Teacher surveys and in evaluations undertaken within the early childhood setting.

### STAFF PLANNING, ATTRACTION AND RETENTION

A total of 42 staff were employed at Bluearth. Nine new staff members commenced in 2015, and six left the organisation.

### INVESTING IN TRAINING

We invested heavily in ongoing training and development. Ten percent of staff time is spent on professional development, ensuring all staff members are up-to-date with the latest research and training practises in their relevant areas so they can work at their optimum individually and as a team.

### PROMOTING WORK / LIFE BALANCE

Bluearth employees benefit from the organisation's flexible work arrangements, enabling continued support of work / life balance, including part time opportunities, working remotely and flexible working hours.

### WORKPLACE HEALTH AND SAFETY AND EMPLOYEE WELLBEING

Bluearth continued to promote workplace health and safety and employee wellbeing through the intranet and staff meetings. Bluearth also demonstrated its commitment to implementing workforce practices that support organisational health and wellbeing. While staff have high awareness in relation to the importance of regular physical activity, regularly breaking up periods of prolonged sitting at the computer or in meetings has been a focus of employee health and wellbeing. In the head office in Port Melbourne, new standing desks were implemented for staff to share and use during the day.



# SUPPORTERS AND DONORS

## PHILANTHROPIC SUPPORT

Barr Family Foundation  
Brasher Family Foundation, managed by Perpetual  
Freake Family Trusts  
Monika and Malcolm Freake  
Give Where You Live  
Lord Mayor's Charitable Fund  
Optus Community Grants  
The Ledger Charitable Trust, managed by Perpetual.

## GOVERNMENT

Department of Prime Minister and Cabinet (IAS)  
ACT Healthy Canberra Grants (YMCA of Canberra Partnership)  
Brimbank City Council  
City of Wanneroo  
Hume City Council

## CORPORATE SUPPORTERS AND SCHOOL PARTNERS

Albury Demolitions  
Allthorpe Plumbing Corio  
Brown Family and Madge Brown Trust  
Corowa RSL  
Elders Insurance Wangaratta  
Financial Momentum  
Jumbunna Investments  
Maxxia  
Mulwala Ski Club  
North East Newspapers  
Optus Wangaratta  
SS&A Club Albury  
Sharpe Ivo  
Shepparton Quicklift Cranes  
The Centre Wangaratta  
Wangaratta Business Group  
Wren Oil

## REMOTE KIMBERLEY PARTNERSHIP

Joyce Blair  
Next Health

## COMMUNITY AND CORPORATE EVENTS AND PROGRAMS

A Monetary Affair Gala Charity Ball  
Australia and New Zealand Institute of Insurance and Finance WA Charity Luncheon  
Lutheran Community Care  
Reptember  
Run Melbourne – Blueearth Team  
Solomon's Carpets Golf Day  
Spring Cycle 2015  
Surf Coast News Torquay Cup  
Wangaratta Marathon  
Walktober 2015

## COMMUNITY PARTNERS

The Alannah and Madeline Foundation  
Better Health Channel  
Deaf Sports Australia  
Deakin Exercise and Sports Science Advisory Committee  
Indigenous Parent Factor  
The Parents Voice  
Sandringham Football Club  
Sandridge Surf Lifesaving Club  
TAFISA  
YMCA Canberra

## MOVE MORE SIT LESS FOUNDING PARTNERS

Australian Physiotherapy Association  
IBISWorld  
Institute of Sport, Exercise and Active Living,  
Victoria University

## PHYSICAL ACTIVITY AUSTRALIA

GMHBA  
Marsh Advantage  
MSAC Institute of Training  
Sengage Learning  
Sting Sports  
Polar  
PT Essentials  
Virus International  
Yur Buds

## PREFERRED CHARITY PARTNERS

Gym and Fitness  
Pilates ITC  
SAMMIMIS



# FINANCIAL SUMMARY

## BOARD OF DIRECTORS

The following are the directors of Bluearth Foundation:

**Yvonne Rate** AM MEd, MPhil, Cit WA  
**Malcolm Freake** OAM  
**Dr Jeffery Simons** PhD BA MA MAPS CCAAASP  
**Peter Thomas** BCom FCA MAICD  
**Michael Brady** AM  
**Helen Berry** BEd  
**Gail Morgan** BA

## SECRETARIES

The following are the secretaries of Bluearth Foundation:

**Stan Skrabal** – (Appointed 13 October 2011, resigned 27 March 2015)  
**Wendy Gillett** – (Appointed 13 March 2014)  
**Karen Jacques** – (Appointed 24 February 2015)

## MEETINGS OF DIRECTORS

Director	Number of meetings eligible to attend	Number of meetings attended
Yvonne Rate	9	9
Helen Berry	9	7
Michael Brady	9	8
Malcolm Freake	9	9
Gail Morgan	9	8
Jeffery Simons	9	9
Peter Thomas	9	7

## COMPANY STRUCTURE

Bluearth Foundation (Bluearth) is a company incorporated under the Corporations Act 2001 and is a company limited by guarantee. The Foundation is an income tax exempt charitable institution and a deductible gift recipient.

## PRINCIPAL ACTIVITIES

The principal activities of Bluearth during the financial year were: To promote health and prevent diseases in human beings through participation in physical activity and reducing sedentary behaviour. No significant change in the nature of these activities occurred during the year.

## REVIEW AND RESULT OF OPERATIONS

In the opinion of the Directors, the company's operations during the year performed as expected.

The total operating revenue of Bluearth Foundation in 2015 was \$2.15 million. The deficit budget in 2015 was planned for and managed with accumulated financial reserves. The work undertaken in 2014 and 2015 will support a break even budget position in 2016. This includes the growth in the diversity of income streams, reducing the reliance on the fee for service schools program.

Bluearth Foundation is an income tax exempt charitable entity and a deductible gift recipient.

## INDEPENDENT AUDITOR'S REPORT

A copy of the independent auditor's report is included with the financial reports.

The following is an extract from the Bluearth Foundation Annual Report 2015 and interested readers are invited to review the entire document on our website or receive a printed copy by request.

## DIRECTOR'S DECLARATION

The directors of the company declare that:

1. The financial statements and notes, for the year ended 31 December, 2015, are in accordance with the Corporations Act 2001 and:
  - a) comply with Accounting Standards, which, as stated in Note 2 to the financial statements, constitutes explicit and unreserved compliance with International Financial Reporting Standards (IFRS); and
  - b) give a true and fair view of the financial position of the company.
2. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.



Malcolm Freake OAM  
Director



Mike Brady AM  
Director

Dated this 29th day of April 2016

# FINANCIAL SUMMARY

## BLUEARTH FOUNDATION INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF BLUEARTH FOUNDATION

### REPORT ON THE FINANCIAL REPORT

We have audited the accompanying financial report of Bluearth Foundation (the company), which comprises the statement of financial position as at 31 December 2015 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information and the directors' declaration.

### DIRECTORS' RESPONSIBILITY FOR THE FINANCIAL REPORT

The directors of the company are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Corporations Act 2001 and for such internal control as the directors determine is necessary to enable the preparation of the financial report that gives a true and fair view that is free from material misstatement, whether due to fraud or error. In Note 2, the directors also state, in accordance with Accounting Standard AASB 101: Presentation of Financial Statements, that the financial statements comply with International Financial Reporting Standards (IFRS).

### AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the company's preparation of the

financial report that gives a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.

An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### INDEPENDENCE

In conducting our audit, we have complied with the independence requirements of the Corporations Act 2001.

We confirm that the independence declaration required by the Corporations Act 2001, which has been given to the directors of Bluearth Foundation, would be in the same terms if given to the directors as at the date of this auditor's report.

### AUDITOR'S OPINION

In our opinion:

- a) the financial report of Bluearth Foundation is in accordance with the Corporations Act 2001, including:
  - i. giving a true and fair view of the company's financial position as at 31 December 2015 and of its performance for the year ended on that date; and
  - ii. complying with Australian Accounting Standards and the Corporations Regulations 2001; and
- b) the financial report also complies with International Financial Reporting Standards as disclosed in Note 2.



William Nutton

Unit 1, 6-8 Gloucester Avenue, Berwick VIC 3806

Dated this 30th day of March, 2016

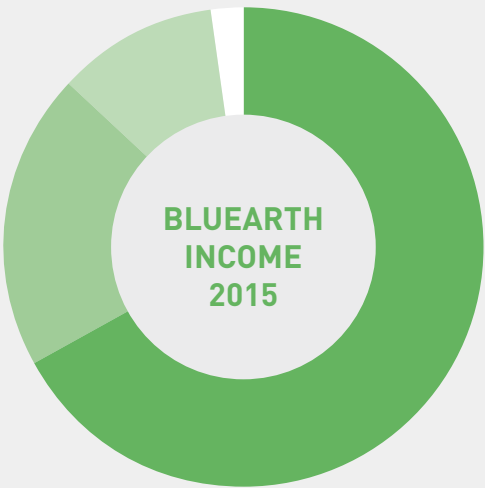
**BLUEARTH FOUNDATION**  
**STATEMENT OF FINANCIAL**  
**POSITION AS AT 31 DECEMBER 2015**

	2015	2014
	\$	\$
<b>CURRENT ASSETS</b>		
Cash and Cash Equivalents	501,327	656,061
Trade and Other Receivables	227,073	255,472
Other Current Assets	23,813	36,128
<b>Total Current Assets</b>	<b>752,213</b>	<b>947,661</b>
<b>NON-CURRENT ASSETS</b>		
Property, Plant and Equipment	20,597	26,978
<b>Total Non-Current Assets</b>	<b>20,597</b>	<b>26,978</b>
<b>TOTAL ASSETS</b>	<b>772,810</b>	<b>974,639</b>
<b>CURRENT LIABILITIES</b>		
Trade and Other Payables	264,841	326,958
Provisions	176,101	145,189
<b>Total Current Liabilities</b>	<b>440,942</b>	<b>472,147</b>
<b>TOTAL LIABILITIES</b>	<b>440,942</b>	<b>472,147</b>
<b>NET ASSETS</b>	<b>331,868</b>	<b>502,492</b>
<b>SURPLUS</b>		
Accumulated Surplus	331,868	502,492
<b>TOTAL SURPLUS</b>	<b>331,868</b>	<b>502,492</b>

**BLUEARTH FOUNDATION**  
**STATEMENT OF COMPREHENSIVE**  
**INCOME FOR THE YEAR ENDED**  
**31 DECEMBER 2015**

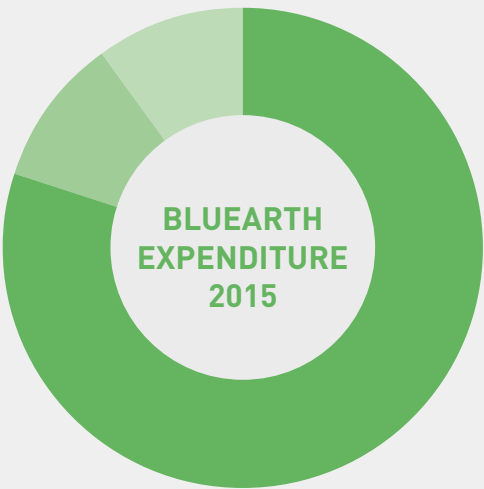
	2015	2014
	\$	\$
<b>INCOME</b>		
Service Provision	1,440,444	1,352,582
Government Funding	227,490	234,979
Other Grants	101,705	140,089
Donations	338,638	373,914
Other Revenue	48,095	78,850
	<b>2,156,372</b>	<b>2,180,414</b>
<b>EXPENDITURE</b>		
Employee Benefits Expense	1,878,555	1,846,523
Depreciation and Amortisation Costs	7,573	11,270
Bank Charges	5,069	3,965
Insurance	25,219	24,088
Postage	1,723	3,224
Printing and Stationery	4,583	6,181
Rent	0	20,098
Repairs and Maintenance	0	455
Telephone	17,395	21,395
Other Expenses	386,879	456,708
	<b>2,326,996</b>	<b>2,393,907</b>
<b>SURPLUS FOR THE YEAR</b>	<b>(170,624)</b>	<b>[213,493]</b>

# FINANCIAL SUMMARY



## WHERE OUR FUNDING COMES FROM

67%	Service Provision*
20%	Philanthropy
11%	Government
2%	Other



## WHERE OUR FUNDING IS DIRECTED

80%	Program Delivery*
10%	Administration
10%	Marketing and Fundraising

\*includes Physical Activity Australia






## WE ALL HAVE A ROLE TO PLAY IN CREATING AN ACTIVE NATION.

As a not-for-profit organisation, we rely on the generosity of donors and partners to help us in our mission to get everyone moving more, sitting less and discovering all the benefits this brings to their lives. Every donation, no matter how small, has the potential to move lives.

Please donate at **[www.blueearth.org/why-give-to-us/](http://www.blueearth.org/why-give-to-us/)** and help us build a healthier future for all Australians.

Donations to the Blueearth Foundation are an investment in the future health of Aussie kids and all donations of \$2 and over are fully tax deductible. Thank you for your support.

You can also help by being part of the “movement movement”, visit **[www.movemoresitless.org.au/join-the-movement/](http://www.movemoresitless.org.au/join-the-movement/)** Become part of our community and share ideas and stories about how we can make a difference, how we can move lives!



OUR STUDENTS WORSHIP THE PROGRAM. THE HIGH ENERGY START TO THE SESSION, FOLLOWED BY A RELAXATION ACTIVITY ARE EXACTLY WHAT OUR STUDENTS NEED. THEY RETURN TO CLASS ENERGISED BUT CALM. AWESOME!

Ross Cuthbertson, Teacher,  
Northern Bay College



[bluearth.org](http://bluearth.org)



[movemoresitless.org.au](http://movemoresitless.org.au)

**PHYSICAL ACTIVITY**  
AUSTRALIA  
NATIONAL FITNESS REGISTRATION

[physicalactivityaustralia.org.au](http://physicalactivityaustralia.org.au)



[walktober.org.au](http://walktober.org.au)



A photograph of two children jumping joyfully on a paved path. The child on the left is a boy with short brown hair, wearing a white t-shirt, light-colored trousers, and green sneakers, carrying a large dark blue backpack. The child on the right is a girl with long dark hair, wearing a white t-shirt, white trousers, and white sneakers, also carrying a dark blue backpack. Their arms are raised in the air. The background is a lush green park with trees and foliage, slightly out of focus. The overall mood is energetic and positive.

BLUEARTH FOUNDATION –  
IMPROVING HEALTH AND PREVENTING  
DISEASES OF SEDENTARY LIVING BY  
FACILITATING THE DEVELOPMENT  
OF COMMUNITIES AND INDIVIDUALS  
THROUGH PARTICIPATION IN  
PHYSICAL ACTIVITY.

FOR MORE INFORMATION CONTACT BLUEARTH  
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BLUEARTH.ORG

