



May 2018

A chance to have your say

After more than a decade of providing physical activity programs (most recently Active Schools) in Australian primary schools, Bluearth has engaged Victoria University to conduct a national independent study into the impact of these programs.

Victoria University will email any school willing to participate. Bluearth are hoping that any schools who have been involved with the program in the past will contribute to this study.

The study will take the form of a short, online survey. Your responses are highly valued, as it will help us all better understand how Bluearth programs and physical activity can support learning and wellbeing.

All participating schools will be able to access the final report and will play a major part in improving our schools program.



Bluearth's key focus for fundraising this year is on supporting children in disadvantaged areas.

The first part of our efforts will be concentrated on raising awareness through the 2018 Larapinta Hike 4 Kids Health fundraising event.

Children in disadvantaged communities are more vulnerable to cognitive development issues. Physical activity can assist in improving this, along with aiding school readiness and general health and wellbeing.

We want to provide every opportunity for all children to grow, develop and experience the benefit and joy that physical activity brings.

We recently celebrated 10+ years in North East Victoria, with a thank you night for schools and sponsors held in Wangaratta.

We loved catching up with principals and educators from the schools we work with, as well as sponsors and friends. It was great to put faces to names and to recognise everyone's hard work.

Thank you to the staff at the Hotel Wangaratta Gateway for hosting us. We had an excellent night celebrating all of the positive work that has been occurring in this region.

Wendy Gillett

Chief Executive Officer

BLUEARTH AND THE 'FINNISH BREAK'

There are many similarities between Finland's highly regarded education philosophy and the Bluearth approach.

The Finnish education system adopts a mandatory "Finish Break", where children enjoy 15 minutes of play every hour.

The benefits of movement are proven, with research finding that outdoor play is linked to healthier and happier children. Like Finland, we believe that moving and high-quality play can teach children in ways that formal lessons cannot.

Bluearth and Finland's approach towards movement in schools is a holistic one. Kerry Miller, principal of St Peter's Primary School identified this as something that the Bluearth program achieved in her school:

"we talk about educating the whole child and Bluearth has really allowed us to be true to that. We have developed such great relationships with children through fun, engaging activities".

Ideas to move more in class

Contrary to popular belief, movement breaks in the classroom promote greater concentration.

With a focus on core and stability, this 2 minute pose is a great way to break up long periods of sitting.

The pose promotes balance, strength and concentration.



For a step-by-step guide on the 'Raised Leg Pose' and many other classroom movement sequences, visit the Teachers Resource Centre on [our website](#). Signing up is easy and free! For more questions, speak to your Physical Activity Project Officer or call our head office on 1300 784 467.

School Of The Air

Proving that distance and location are no barrier to active learning, Bluearth sessions are being delivered to remote corners of Australia via the Carnavon and Alice Springs Schools of the Air.

Students living on cattle stations, at roadhouses, within Aboriginal communities and in national parks take part in daily lessons via satellite broadband.



Our Bluearth coaches run weekly sessions for students, demonstrating movement activities to help kids thousands of kilometres apart break up their sitting time and share in experiences where there are no opportunities to take part in regular, organised sport.



Bluearth coach Ben Durant visited the students of Carnavon School of the Air earlier this year, for their once-a-term catch up when the students all come together.

Ben noticed in his session that the parents enjoyed the Bluearth program just as much as the children, relishing in the opportunity to move, engage with their children, and have a good time.

Win sports equipment for your school this winter!

If your school is based in Victoria and part of the Healthy Achievement Program, then you could be in the running to win a \$500 sports equipment voucher from Hart Sport.

[Find out if your school is eligible.](#)

And if you're not a member of the Healthy Achievement Program yet, it's not too late to sign up. The Program, a Victorian State Government initiative, provides schools with a simple, evidence-based framework to support the health and wellbeing of the whole school community. For more info, [visit their website.](#)

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program