

ACTIVE SCHOOL KIDS TOOLKIT 2010

Active School Kids are Healthy Kids



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ACTIVE SCHOOL KIDS TOOLKIT



Active Kids Are Healthy Kids



Active School Kids (ASK) Project



Dear Principal, Student Leader Body and Student Leader Body Coordinator,

Welcome to the Active School Kid's Toolkit! This toolkit will help you to apply for a possible \$1,000 ASK grant for your school. The ASK project is funded by North Coast Area Health Service Health Promotion and Aboriginal Health and the Cancer Council NSW. The Australian Sports Commission is also providing four extra prizes and there is more information about this on pages 8 and 9.

ASK grants of up to \$1,000 are being offered to previously unfunded schools for physical activity projects which are student identified, engage the student body and are driven through the student leader body (SLB). The focus is on empowering students to examine the whole school environment (natural, built, social and cultural) to identify barriers and increase opportunities for student participation in physical activity. Physical activity or being active means moving your body in ways like walking, skipping, dancing, bike riding and playing games and sports.



This application package includes a simple Active School Kids Toolkit ***to be completed by the Student Leader Body*** with the support of the SLB Coordinator. Pages 9 and 10 need to be considered and signed off by the principal. **The closing date for applications to be sent to Margo Johnston is week 5, term 1, February 26th 2010.** Successful schools will be notified soon after the closing date and funds will be allocated to these schools by Term 2 to work on their projects during terms 2, 3 and 4.

If you need any help completing the ASK toolkit, please contact Margo Johnston on P: 02 6562 6066, M: 0427 929 313 or email: Margo.Johnston@ncahs.health.nsw.gov.au

What the Student Leader Body Need To Do:



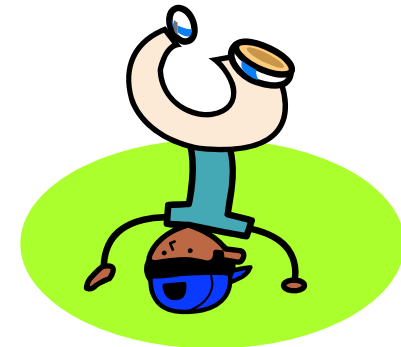
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- ① Have a look at the questions and examples provided on page 4-6 of the toolkit to give you some ideas about physical activity in your school.
- ② Talk to the kids in your school and get their ideas about the questions asked.
- ③ Answer the questions by putting the ideas for your school in the space provided.
- ④ Fill out the budget for what you would spend your money on. The budget is on Page 7 of the toolkit.
- ⑤ Get your SLB Representative, Coordinator and Principal to sign off and submit your ASK application so we receive it by 5pm, February 26th, 2010. Keep a copy of your completed ASK application. Send the completed ASK Toolkit by mail, fax or email to:

Margo Johnston
Health Promotion
NCAHS
Locked Bag 1
Kempsey NSW 2440

Fax: 02 6562 8116

Email: Margo.Johnston@ncahs.health.nsw.gov.au



How will your ASK Application be assessed?

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A Review Panel from education, health, Cancer Council NSW and the Australian Sports Commission will assess all applications received and select the successful primary schools. The decision of the Review Panel will be final.

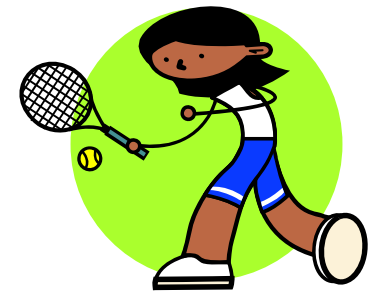
The following criteria apply:

1. Applications must be from schools which have not previously received funding under the GOSH or ASK project.
2. Applications must be from schools within the geographical boundary north to Tweed Heads west to Dorrigo and Urbenville, and south to Camden Haven.
3. ASK Projects are to be identified and driven by the Student Leader Body and engage the student body.
4. The Student Leader Body must complete the *Active Kids Toolkit* on pages 4, 5, and 6.
5. Applications must be agreed to by the school principal. Pages 9 and 10 must be completed and signed by the principal.
6. ASK Projects must have the potential to directly influence physical activity levels within the school community.
7. Preference will be given to ASK projects which have ongoing benefits to the school community.
8. In the event of ASK project incompleteness, the Director General of Education and Training may be informed.

Successful Applicants will be required to:

Participate in the evaluation process, which includes:

1. Contact with ASK staff and participate in a 30 minute follow up evaluation interview with the SLB Coordinator, SLB members and possibly principal in Term 4, 2010.
2. Provide evidence if required that grant money issued has been expended on the ASK project described within the ASK application.
3. Provision to ASK project staff of copies of digital photos, published media articles, policies or lesson plans relating to the ASK project. This material may be used to illustrate positive outcomes in the final report of the ASK project.



Your ASK Ideas!



1. How are you active at school now?

- EXAMPLES**
- Getting to and from school
 - Sport and PE
 - Dance and drama
 - Recess and lunchtime games
 - Active class breaks

Please tell us how students are active at your school...

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2. What stops you being active at school?

- EXAMPLES**
- Not having sports or games equipment
 - Uniform restricts play
 - Playground rules
 - Too hot or no shade
 - Wet weather
 - Good places to play
 - No active class times
 - Bullying

Please tell us what stops you being active at your school...

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3. What would you do about this?

EXAMPLES

- Access to sports or games equipment
- Playground marking for games. eg. Handball courts
- Provide active choices in wet weather eg. Music for dancing in hall
- Stop bullying
 - Change break times

Please tell us what you would do...

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4. What do you need to help you do this?

EXAMPLES

- Money for equipment - music, dance, sport games
- New school activities
- More bike racks
- Line markers and paint
- Access to drinking water in active play area eg. Install water bubbler.

Please tell us what you need...

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5. How will you be able to see if it has worked?

EXAMPLES

- Show us with before and after photos/video what has changed.
- Survey students: are they more active, are they having more fun.
- Observing and counting how many students and which students are more active. eg. girls, boys, Kinder - 6.

Please tell us what will be changed after you run your ASK project...

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6. How will you make sure your program keeps going in your school?

EXAMPLES

- Get teacher and parent support for your ASK project. eg write about your project in the school newsletter.
- Pass your project on to the next SLB so they can continue it.
- Make equipment easily available and look after it.
- Make it fun!

Please tell us how your ASK project will be ongoing...

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Active School Kids Toolkit-BUDGET



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What will you spend your money on?	Where will you purchase items?	How much will it cost?	Amount
EXAMPLE 1: Skipping ropes	Local Sports Shop	10 @ \$5 (each)	\$50.00
EXAMPLE 3: Sports trolley	Sports catalogue	1 x sports trolley \$549.00	\$549.00
			Total:

The Australian Sports Commission

4 ADDITIONAL PRIZES



If your school wants to be considered for the additional Australian Sports Commission prize, please complete the application on page 9.

The Australian Sports Commission (ASC) will provide to your school if you win one of the four additional prizes:

- ① Free ½ day teacher in-service demonstrating the 'Playing for Life' delivery model. The 'Playing for Life' delivery model has been developed to assist with the engagement of traditionally less active children. The model focuses on Fun, Inclusive, Safe and High Involvement (FISH) structured physical activities that are easy to plan and deliver. Playing for Life activities have a multi-skill, general physical activity focus that is 'game centred' rather than 'technique centred'. It makes the game the focus of an activity session and provides fun, inclusive and safe activities for all participants.
- ② A Hart Sports multi-skill kit valued at \$450, consisting of a range of user-friendly sporting equipment that will assist the teacher to address the key components of mobility and motor skill development in the participating students.
- ③ A 'Playing for Life' (P4L) resource kit valued at \$109 consisting of over 100 game cards that will provide the teacher with a variety of delivery options depending upon the competency level of participant students. As well as the P4L kit, winning schools will also receive the Companion Book. The Companion Book compliments the P4L resource kit and contains a number of 8-week session plans for a variety of activities, making session planning and delivery so much easier for busy teachers.

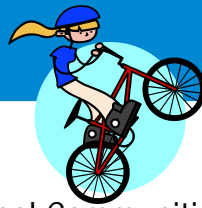
Criteria for the ASC additional prize

- At least 50% of teaching staff will attend the ½ day teacher in-service.
- Participate in a ten minute telephone evaluation interview with an ASC staff member.
- Prize will be used to support and directly influence physical activity levels within the school community.

Please note: A short phone interview from an ASC staff member may be required to support your application.

Australian Sports Commission Additional Prizes Application Details

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(Principal to complete this page)

The Australian Sports Commission's Active After-school Communities (AASC) program provides physical activity options for primary school age children. More information can be found at www.ausport.gov.au/aasc

Please list some of the benefits to your school that participating in the Australian Sports Commission project may provide.

Please tell us briefly below:

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If you agree to the above criteria and would like your school like to be considered for one of the four additional ASC prizes please complete this form.

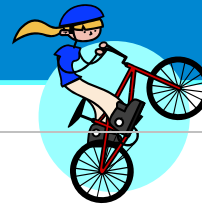
Principal Name: _____ School Name: _____

Principal signature: _____ Date: _____

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Application Details

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(Principal to complete this page)

Name of School:		
Address:		
Telephone:	Fax:	Email
Principals Name:		
Student Leader Body Coordinator:		
Student Population (number):		
Culturally and Linguistically Diverse (CALD) (number of students):		
Aboriginal and Torres Strait Islander (number of students):		
Does the school currently receive Priority Funding (<i>circle one</i>):	YES	NO
Will the program be accessible to all students within the school community regardless of race, sex, marital status, age, homosexuality, disability, religion, philosophy or cultural background? (<i>circle one</i>):	YES	NO
If you answer NO, please attach an outline of why the program targets a specific segment of the school community and the perceived benefits of limiting access to this group).		
The school has not received prior Grant Opportunity for School Health (GOSH) or Active School Kids (ASK) project funding.		
Principal Signature:	Date:	
SLB Coordinator Signature:		
SLB Representative Signature:		