Snowtown Area School

Students Leading Health Hustles

An *eat well be active* - Primary Schools project school

Our thanks go to ACHPER for this article from ewba Newsletter 2011

At the beginning of week 8, Term 2, four girls from Snowtown Area School, Sharna Kotz, Cassie Wakefield, Sharna Wakefield and Tatum Greig, from the 8/9/10 class decided to start a ‘Health Hustle’ group as part of the *eat well be active* – Primary Schools Project.

It was something new to all of us and has worked really well so far. We all enjoyed working with the primary school students, teaching and being leaders. Hopefully we can continue this throughout this year and maybe even next year if possible. We have worked with the year 4/5’s, 2/3’s and will be working with the R/1’s in the coming weeks. It’s very challenging for us all but we love doing it and teaching the students new things. It is very good of the teachers to let us come out of our normal lessons to work towards perfecting our Health Hustle routines.
We began the program by creating our own dance and sharing it with the rest of the school. We then moved on to working with the year 4/5’s to create a Health Hustle to share. We taught 5 peer leaders from that year level to lead the routine with us. Every Monday morning at 10:15am, all the primary school students come together and do the dance that is being hosted that week. At the end of the year the primary school students will be performing the Health Hustle dances at the Christmas concert, so then the wider community can see what we have been doing and what we can achieve. We hope that all the other schools that are also doing ‘Health Hustle’ are enjoying it just as much as we have been. We would like to thank Cheryl Peat, eat well be active – Primary Schools Project Officer for coming in and watching and supporting us.

Thanks Health Hustle” Girls from Snowtown Area School

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.