Enhancing Student Wellbeing and learning through healthy eating and physical activity.

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Healthy Eating and Physical Activity

What we already know

“People who exercise regularly are better learners”
Ratey, J M.D. 2008 Spark: The Revolutionary New Science of Exercise and the Brain

“These studies indicate that an increase in the amount of time dedicated towards physical health based activities (such as PE) is not accompanied by a decline in academic performance”
Hillman, Erickson and Kramer, Be Smart, exercise your heart: exercise effects on brain and cognition
eat well be active – Primary Schools project

- increasing children’s physical activity levels, fruit and vegetable and water consumption
- decreasing screen based leisure activities (e.g. television, computer game usage)
- decreasing consumption of soft drink / juice beverages and energy dense, nutrient poor foods
- promoting current research findings which link physical activity to improved learning outcomes
• 60 minutes a day of physical activity for a minimum of 4 weeks
  • Students rewarded with medals
• 50 high achieving schools rewarded with $1,000 for high numbers or percentage completing 10 weeks of participation
  • Ambassador visits
Healthy choices today - healthy young people in the future!
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