

## Big Idea 1

### Health and student wellbeing activities

Health and PE Week is a great opportunity for schools to raise awareness among students, teachers and parents about the importance of living a healthy lifestyle. Big Idea 1 provides some suggestions about health and student wellbeing activities you could run in your school.

#### Health

- Set a target for students and teachers to eat no junk food for the entire week!
- Study the guidelines for school canteens and compare with your school canteen.
- Offer more healthy food choices at the canteen during the week.
- Include a healthy meal menu in your school newsletter.
- During food, get students to make healthy foods.
- Study risk factors associated with inactivity.
- Study the physical, emotional and social health benefits of being physically active.
- Study the National Physical Activity guidelines for Australians.

#### Student wellbeing

- Introduce yoga or tai chi classes in physical education or sport lessons.
- Use Health and PE Week as an opportunity to explore the issue of bullying.
- Run group activities that focus on team building and cooperation.
- Introduce a stress management program for students.
- Conduct pre or post-lesson relaxation and stretching.