

Live Life Well @ School

Progress list

- Before sending your completed Action Plan to DEC, ensure that you have completed all tasks listed below.
- Place an X beside each task you have completed.

2 day LLW@S workshop attended	Date: 29/8 & 30/8
Staff LLW@S in-service session delivered	Date: 16/10
Staff FMS in-service delivered	Date: 16/10
Principal's module completed	Date: 9/9/13
\$2000 expenditure clearly outlined	Date:
The Principal has viewed and approved this Action Plan	Name: Jennifer Thomas Date: 28/8

Contact names

Local health promotion contact person

Name: Amy Roche

Phone: 6620 7447

Email:

LLWatS contact person at your school

Name: Brendan Nobbs & Julie Woolfe

Phone: 02 6628 1302

Email: Brendan.nobbs1@det.nsw.edu.au

Julie.woolfe@det.nsw.edu.au

Action Plan funding process

- Email your completed Action Plan to NSW Curriculum and Learning Innovation Centre – llwats@det.nsw.edu.au
- The Principal will receive correspondence from DEC confirming approval of your Action Plan
- \$2000 will then be sent your school

Curriculum					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
<p>Nutrition Improve the food and nutrition knowledge of students</p> <p>Improve availability and use of nutrition resources for teachers</p>	<p>Nutrition Order relevant nutrition resources (refer to <i>LLWatS</i> thumb drive and website)</p>	Brendan	Term 3	Nil	
	<p style="color: red;">Complete the Staff in-service module</p>	Brendan & Julie	Term 4	Nil	During stage meetings Week 2 Term 4
	<p>Review and update nutrition units on the school scope and sequence.</p>	PDHPE committee	Term 3	Nil	Take to staff once completed
	<p>Download units of work from curriculum support website to give to staff.</p>	Brendan & Julie	By end of Term 3	Nil	
	<p>Discuss with staff Kids in the Kitchen Program.</p>	Brendan	Term 4	Nil	
	<p>Encourage nutrition as homework across all stages. (Q4:H2O and Live Outside the Box)</p>	Class teachers	Term 4	Nil	Ordered cards

<h2>Curriculum</h2>					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
<p>Physical Education</p> <p>Increase in students' fundamental movement skill proficiency.</p> <p>Increase teachers' skills in teaching physical education.</p>	<p>Physical Education</p> <p>Complete the FMS module and then in-service staff on the Fundamental Movement Skills</p> <p>Place <i>Get Skilled: Get Active</i> DVD onto the school's intranet so teachers have easy access</p>	Brendan & Julie	Term 4	Nil	Stage Mtg. Week 2 Term 4
	<p>Review and update the PDHPE scope and sequence, including Child Protection.</p>	Brendan & Julie	Term 1 2014	Nil	Meeting with principal and staff
	<p>Organise sports store room for increased access and efficiency.</p>	Brendan & Leadership in Sport Students	Twice a term	Nil	
	<p>Encourage Physical Activity as homework across all stages.</p> <p>Fixed playground equipment, refer to Culture - Physical Education.</p>	Brendan & Julie	Term 4	Nil	Promote during Stage Mtg. Week 2 Term 4

Culture					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
Nutrition Increase fruit, vegetable and water consumption at school.	Nutrition Revisit Crunch & Sip to the school community in the school newsletter.	Brendan	Term 4	Nil	Completed Wed Week 9 Term 3
	Survey school on the types of fruit and veg they have for Crunch & Sip on Wednesdays.	Year 5/6 students	Term 3	Nil	
	Encourage student to eat veg for Crunch & Sip on Wednesdays	Staff	Term 4	Nil	
	Complete another survey (Wed) to document a change in fruit and veg.	Year 5/6 Students	Term 4	Nil	
	Allow students to have water bottles on their desks. Document the amount of water students drink on a daily basis over a week (5/6 classes to start with).	All Staff	Daily	Nil	
	Teacher model to students by carrying water bottles				
	Inform Principal of the need to complete the Principal's module		Brendan	Term 3	Nil
Maintain Kitchen Garden within the school grounds. Produce to be used for Crunch & Sip and canteen.		Classroom teachers and students	Term 3/4	\$300 (seedlings, fertilizers and mulch)	Garden beds already available

Culture					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
<p>Physical Education</p> <p>Increase opportunities for students to be more active, more often</p> <p>Increase equipment for physical activity at recess and lunchtime.</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">QUOTE</p>	<p>Physical Education</p> <p>Audit and review equipment and list priorities for purchase.</p> <p>Seek approval for purchasing new equipment from the finance committee.</p> <p>Establish a borrowing system for the equipment and train Leadership in Sport Students on how to monitor the equipment using this system.</p> <p>Fixed playground equipment to develop and strengthen social interactions and wellbeing of students from within the school and the wider community. <i>(The fixed playground equipment will be used by students of Wollongbar Public School, Students from Active After School, students from OoSH and families during drop off and pick up of students from school)</i></p> <p>PLAY/FITNESS EQUIPMENT QUOTE</p> <p>Play/Fitness equipment - \$4500 Soft Fall – \$1000 Installation - \$2000 Transport - \$200</p> <p>2x ½ day RRF to develop and source quotes, Contractors and order equipment.</p> <p>Two staff to attend LLWatS in school 3 year management plan (includes nutrition).</p>	<p>PE Committee</p> <p>PE Committee</p> <p>Brendan plus Leadership in Sport</p> <p>PE Committee and Contractors</p> <p>Brendan & Julie</p> <p>Staff</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Term 4 2013/Term 1 2014</p> <p>Term 4 2015</p>	<p>Nil</p> <p>Nil</p> <p>Nil</p> <p>\$1400 LLWatS</p> <p>\$1000 from school</p> <p>\$1500 PDHPE Budget</p> <p>Plus P&C funding (to be advised)</p> <p>\$325</p>	<p></p> <p>P&C Meeting held on the 4th December. Funding to be announced.</p> <p>Completed/Taken</p>

Community					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
<p>Nutrition</p> <p>Increase in parents' knowledge about healthy eating for children.</p> <p>Involve parents and the broader school community in food and nutrition related initiatives within the school.</p>	<p>Nutrition</p> <p>Order Healthy Kids Fact Sheets to send home to parents with newsletters.</p>	Brendan	Term 4	Nil	Completed
	<p>Arrange for newsletter snippets on nutrition (provided on thumb drive) to be included in the school newsletter over a 12 month period.</p>	Shannin	Weekly starting term 4	Nil	
	<p>Involve Environmental Group in the school kitchen garden on a regular basis.</p>	Gail	Throughout term 3/4	Nil	
	<p>Provide information to parents at Kindy Orientation on <i>LLWatS</i> and what this means for your school.</p>	Ben plus kinder teachers and Amy Roche Department of NSW Health	Term 4/1	Nil	

Community					
Objectives	What will you do?	Who will do it?	Timeframe	Expenditure	Progress notes
<p>Physical Education</p> <p>Increase in parents' knowledge about education and physical activity.</p> <p>Involve parents and the broader school community in physical activity related initiatives within the school.</p>	<p>Physical Education</p> <p>Fixed playground equipment, refer to Culture - Physical Education.</p> <p>Organise newsletter snippets for inclusion in newsletters on active travel, small screen recreation, ideas for being active at home.</p> <p>Encourage Physical Activity as homework across all stages.</p> <p>Continue with The Wollongbar Wiggle on a yearly basis.</p> <p>Encourage parents to attend PSSA Sporting events, Athletics Carnivals, Swimming Carnivals and Cross Country Carnivals throughout the year.</p>	<p>Shannin</p> <p>Brendan & Julie</p> <p>Ben</p> <p>Staff</p>	<p>Term 4</p> <p>Term 4</p> <p>Term 1</p> <p>Ongoing</p>	<p>Nil</p> <p>Nil</p> <p>Nil</p> <p>Nil</p>	