

## PRINCIPAL'S REPORT

I had the great joy of attending the student leadership camp last weekend. Held over three days, it was a terrific opportunity to spend some quality time with a fabulous group of young people and served as a great reminder of how wonderful is our entire student body. I have, in fact, spent the rest of this week noticing in all the students in our school the qualities I saw in our student leaders just days before – commitment, respect, thoughtfulness, endeavour, friendliness, and responsibility. These are some of the qualities I have come to take for granted as I come to work every day, and it was great to have an opportunity to reflect on this while on camp and renew my sense of gratitude for the wonderful students and staff that I get to work with on a daily basis. I am sure that there will be a report on the camp in the next newsletter, but I have shared just a couple of photos here.

Just this week we have sent our 2017 Annual Implementation Plan (AIP) to the Department of Education – after endorsement by the staff, the School Council and our Senior Education Improvement Leader. This document outlines the key development work of the school over the next year. It is derived from our 2015-2018 Strategic Plan, which was itself based on discussions with students, staff, parents and other community members, and with external reviewers. The finalised AIP should be available on the school website sometime next term, but I did want to share with you the main directions outlined in the plan, as we have started to work in each of these areas. Although written in education shorthand, the six key directions should give a bit of a flavour of our developmental intentions for the year:

- Implement an agreed instructional model based on research and evidence.
- Document and align courses in line with notions of a “guaranteed and viable” curriculum.
- Build a whole school approach to the collection and use of evidence and data.
- Refine, document and implement a whole school agreed approach to student wellbeing and positive behaviours.
- Develop and implement a whole school student involvement program that includes increased opportunities for student leadership across the school.
- Embed approaches to physical and mental health and wellbeing into curriculum and programs across the school.

Our School Council “elections” have just been completed. As the number of nominations matched the number of positions available, there was no requirement for a vote this year. We would like to welcome Susan Campbell-Wright (who was a co-opted community member on our last

council) and Gaye Edmonds as parent representatives, and Shaun Sleep as a DET employee representative. We would also like to thank the outgoing council members, Andrew Skeels, Wendy Dick (who served as treasurer for many years), and Bill Wringe, for their dedication and efforts. We would also like to acknowledge the wonderful work of Steve Campbell-Wright, who is stepping down as School Council President after tirelessly representing the school for the last three years.

As it is the end of term, I would like to take this opportunity to wish everyone a safe and relaxing break. I will be on long service leave for all of term two, but look forward to seeing all our students and staff when I return in July. In the meantime, term two starts on Tuesday 18 April. I hope the next few months bring great happiness and fulfilment for all members of our school community. Shaun Sleep will be principal in my absence – and the school couldn't be in better hands.

Darryn Kruse





*together we are creating a  
healthy school*

achievement  
program



In recent newsletters, you may have noticed the icons above appearing. They are recognition that PCSSC has achieved the benchmarks in each of those health goals as part of the Healthy Together Achievement Program. There are eight health goals to achieve recognition for and to date PCSSC has achieved five and is currently working on another two. We hope to have achieved recognition for all eight by the end of 2018.

#### **About the Achievement Program**

The Achievement Program is part of the Victorian Government's vision for a Victoria free of the avoidable burden of disease and injury, so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age. Launched in 2012, it boasts a membership of more than 3000 early childhood services, schools and workplaces from around Victoria. Cancer Council Victoria is managing the implementation of the Achievement Program on behalf of the Victorian Department of Health and Human Services. The development and implementation of the Achievement Program in schools and early childhood services has been jointly overseen by the Victorian Departments of Education and Training and Health and Human Services.

#### **What the Achievement Program is**

The Achievement Program gives us a simple, evidence-based framework to support the health and wellbeing of everyone in our school.

It helps students develop to their full potential and boosts staff productivity – at any age, healthy people perform better.

Developed by the Victorian Department of Health and Human Services and the Department of Education and Training, the initiative can be easily incorporated into our strategic and annual planning and self-evaluation processes. Further, implementing the Achievement Program is a great way to enhance student engagement and wellbeing outcomes.

Even if we're already doing great things to promote health and wellbeing at our school, the Achievement Program helps us build on this, and achieve recognition from the Victorian Government as a Healthy School.

#### **Health promoting schools approach**

The Achievement Program is based on the World Health Organization's model for health promoting schools, an internationally recognised best practice approach for enhancing health, wellbeing, learning and development outcomes.

A health promoting schools approach is broader than implementing some health and wellbeing activities – although these are important. It involves integrating health in planning and policies, creating a healthy culture and environment, and involving the whole school – students, staff, teachers and families in the process. Forging partnerships with the local community is also important.

Through the Achievement Program, health and wellbeing becomes embedded in our culture – a part of everyday school life. Health and wellbeing is an end in itself, but healthy people also learn and work better.

Health and wellbeing is everyone's business. By embedding it in our school culture, we will have happier, healthy students achieving better outcomes and happy, healthy teachers and staff supporting students to reach their full potential!

Healthy young people learn more effectively. By creating a healthy learning environment we're helping students make the most of their education.

Instilling healthy habits in young people during their formative years not only boosts their health and learning potential, it sets them up for a lifetime of good health.

The Achievement Program also recognises the importance of having healthy staff – by signing up, we're boosting the wellbeing of everyone in the school.

Chris Mooney



## STRENGTHENING our students' learning

This year the Point Cook Senior teachers are continuing with extensive professional development and research associated with our instructional model – The PCSSC Learning Cycle. Specifically, we are focusing on the STRENGTHEN stage of learning; this is the time when students are actively practising what they have just been shown.

As we all know, 'practice makes perfect', and this common saying certainly applies to learning. Educational research from Dr Robert Marzano has found that increasing value in practice and homework can improve a student's academic achievement by 28 percentile ranking points. Essentially, this means that if a student is ranked in the middle of their class, effective practice and homework can move them almost into the top 20% of their class!

Our school's current professional development is examining and sharing highly effective strategies that maximise the impact of students practising and strengthening their skills and understanding in the classroom. However, as you can see from the above research, practice in class is only half the story; students also need to be practising at home.

Please discuss with your child how they are practising what they have been learning. Also, please support them to effectively use home time to practise what they are learning at school – this will help to maximise their potential and greatly increase their chances of success with their learning.

If you would like some support with this, feel free to contact me for a chat.

Jules Damschke  
Teaching and Learning Leader  
damschke.jules.s@edumail.vic.gov.au

## Year 11 English

As part of our Year 11 English students' study of the play 'Cosi', Eagles Nest Theatre Company came to the school on Wednesday 22 March. Eagles Nest performed key scenes from the play and workshopped different interpretations with the students. Four students volunteered to get up on stage and put their dramatic skills to the test by taking on the roles of mental institution patients. Students saw key scenes performed multiple times with different tones to help them understand how a scene can be interpreted in many different ways. Students made their teachers proud with their intelligent and thoughtful comments during discussions about the play. A big thank you to the Eagles Nest Theatre Company for putting on such an engaging performance.

Ms Foot



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## USE OF STUDENT VEHICLES

Point Cook Senior Secondary College has a 'Duty of Care' for students when they are travelling to and from school. During the course of the academic year some students in Year 12 will obtain their licences and drive to school. While the Administrators at the College are happy for students to do this, a number of important guidelines must be followed.

The school's insurance carriers and the Department of Education regulations mean that students cannot park in the college grounds, including the staff car parks. Students are also not able to park between the entrance to the slip road at the front of the college and the entrance to the staff car park. Students are welcome to park in any available street parking around the college.

Students are required to notify the college that they are driving to school and provide the college with the registration details of their vehicles. (The forms are available in the 100s building staffroom)

Students are not to transport any other student in their vehicle, with the exception of brothers and sisters, without the written permission of those students' parents. Written permission must be submitted to the college and will be kept on file.

P platers are permitted by law to only carry one other passenger who is not a sibling.

Under no circumstances can students, once at school, transport other students in their cars when travelling to and from any school program, excursion or function. Students travelling to college programs, excursions and functions are required to travel in the transport provided by the college.

Students are not to use their vehicle at recess or lunchtime.

If these requirements are not met, parents will be notified.

If the college administration becomes aware that a student driver has broken road rules or driven in an unsafe or irresponsible manner on the way to or from school, police will be notified.

The health and safety of all students is a college priority and is one of the four key areas of the College Code of Conduct. The school hopes that all parents and students will understand that the college is always looking out for the safety of the students and will support these requirements.

## The Year 12 Fashion class

On Tuesday 21 February the Yr 12 Fashion students attended the Viktor and Rolfe excursion at The National Gallery of Victoria. After participating in an introductory presentation we viewed the many amazing and inspiring designs and outfits by the Dutch designers (and scary dolls!). We were inspired by the haute couture garments and were amazed by the level of detail in their designs. We also learnt about the history of the design duo and all their amazing hard work. They have inspired our fashion dream as they started at the bottom and rose up to fashion runways across the world.

We had a fabulous day and can't wait to create our own master pieces!



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## Performing Arts Point Cook

Year 11 and 12 Drama students spent time with Rosa from 'Make A Scene' this term. The Theatre space was a flurry of activity as Rosa (a professional actor) put the students through a variety of acting exercises that were designed to develop the students' acting skills and assist in the development of the students' group work. In Semester One the Drama students work on a group devised performance that is completely devised by the students in small groups. The groups then work together and perform the work to an audience. It was a great experience for the students to have someone who works in theatre to help them try out different ways of creating a performance. Rosa was very impressed by how creative the students were with their performance work.

Ms Simpson



### Performing Arts Dates

- Drama Ensemble Performance – 'Caravan Park Chaos' – A Student Devised play - June
- 'An Evening of One Act Plays' – Small works and pieces from larger works - July
- High School Dance Competition – Williamstown Town Hall – 5 August
- Solos/Monologue selection (Art Show evening) - October



## Year 11 Biology

On 20 March the Year 11 Biology students visited Melbourne Aquarium and Seaholme Intertidal Zone. At the Aquarium students were taken behind the scenes and shown the work that goes into simulating natural environments for the variety of organisms that call the aquarium home. At Seaholme Intertidal zone students were able to use field guides that they had created in class to identify a range of organisms and record the biodiversity at this location and collect data to be used in the classroom.



## The Royal Women's Hospital

On 10 February, some students from Point Cook Senior Secondary College were given the opportunity to attend the Meet a Scientist Program at The Royal Women's Hospital for International Women and Girls in Science Day. We met four scientists in total, and we heard how they struggled and got to where they are today and we were inspired and enlightened that there's much more to medicine that just becoming a neurosurgeon or G.P. They explored and experimented with different fields for finding out the right one for them. Attending the presentation, and talking to the scientists one on one, only led us more to motivate ourselves to be where we really want to be. Apart from motivation and inspiration, the scientists advised us that it's never too late to be where you want to be, and nothing you choose is wrong or small.

Alina Arshad





## Point Cook Senior International Student

Point Cook Senior was invited to attend the 2017 Victorian International Student Welcome Reception on 15 March 2017.

This Welcome Reception is to recognise the contribution of international students in Victoria. The Reception was held at Government House where the Governor of Victoria, Her Excellency The Hon. Linda Dessau AC, and Parliamentary Secretary to the Deputy Premier, Judith Graley, formally welcomed newly-commencing international school students to Victoria - the Education State during an official part of the event. Following formal welcomes and photographs students were invited into the courtyard of Government House for refreshments and provided with the opportunity to explore behind the scenes access to one of Melbourne's most iconic buildings and landmarks.

Point Cook Senior international student Ziqi (Amy) Liang and our International Student Coordinator, Olga Verbitckaia, attended the annual welcome event this year. Later on Amy and Olga were introduced to and welcomed by the Governor of Victoria Linda Dessau and several distinguished guests. This event provided a once in a lifetime opportunity for Amy and Olga who admirably represented Point Cook Senior and our international student program.

Amy in the Government House



The Hon. Linda Dessau AC Linda Dessau, Amy and Olga



## Senior Girls Rugby

Point Cook Senior was represented by a group of girls in Rugby League. Overall everyone did an amazing job and it was great to see great sportspersonship on the day, while having fun and trying their hardest. We are very proud of each and every student who participated on the day, with many sore bodies the next day.

There were a few nervous girls on the day as this was the first time we have entered a Girls Rugby League Team to represent PCSSC, with our first game up against The Grange, with a loss of 1-3 the girls tried their hardest but also had a taste of what it is like to tackle. As the day progressed they improved on each game. With a win against Hume for our second game 4-1, their confidence boosted. Our 3rd game against Melton was also a win for us 3-2. The girls were well on their way to feel the confidence that they can do it as a team. Our 4th game which was our last game, many girls were very nervous to play against Victoria University, who have taken the competition out for the past few years. With the great team work and support they had for one another they drew against Victoria University for all.

We are very Proud of the Girls for the effort and dedication they put towards trainings and game day, as they have made it through to the next round of State Finals to be held on 18 May.

Aimee Taumarua



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## Senior Boys Rugby

The first Senior Boys Rugby 9's competition kicked off on 16 March in Truganina. Captained by Koresi, Point Cook Senior was there with a strong team of boys ready to take on whoever stood in our way. We were ready to play the three, 16 minute matches that lay before us. The first team to stand before us was the strong team from Hume Central where we had our plays set out well, with Nick taking the first try for the day. Hume came back, taking the lead with two quick tries, however, we didn't let that discourage us. Upping our tackles and staying strong and fast we were able to even the scores with Lazarus taking another try tying up the match with a draw at 8-8. The second match was against Point Cook's arch rival, Victoria University. We went into the match knowing too well of Vic Uni's reputation of being the "the team to beat". Not letting that bother us, we were able to match the pressure that they put on us with some great tackles and great passes to contain them for most of the match. We were able to create some great plays, helping Jr to take out the two tries for this match. However, Vic Uni was once again too strong in the end, taking out the match with a 8-16 win. The third match was against The Grange, also showing the potential to be great rivals. The match was a tight match all the way through. We were able to get around the towering wall of opponents to draw out two tries with Sam and Jay gaining these tries to close the match with an 8-8 draw. The boys were a great team and were great representatives of Point Cook Senior. Well done boys.



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## Compass Portal

Just a brief reminder that the majority of our communications with parents at PCSSC are made through the Compass Parent Portal. All parents have a portal account that provides access to reports, attendance information, absence requests and approvals, school photo ordering, teacher email contact, booking for parent-teacher interviews, calendar of events, excursion consent/permissions and news items to keep you update with what is going on.

If you are a CSEF (Camps, Sports & Excursions Fund) recipient, please contact the school before consenting to any event so that we can adjust the costing.

To access your account:

go to the College's homepage [www.pointcooksenior.vic.edu.au](http://www.pointcooksenior.vic.edu.au) and click on the Compass Portal icon.



### Compass Portal

Click here to login to the Point Cook Senior  
Compass Portal

or directly go to Compass login

<https://pointcooksenior.vic.jdlf.com.au/Login.aspx>

## Point Cook Senior Secondary College

Remember me

[Can't access your account?](#)

If you are having trouble accessing your account, click on the "**Can't access your account**" and follow the prompts to access it using your username, email address or mobile number. If you need guidance on how to navigate the Compass Portal, please contact the school.



## Breakfast Club

**Where:** Room 312

**When:** Fridays

**Time :** 8.00am – 8.30am

**All welcome**



Our Breakfast Program has now been running for 6 years. We have been successful in supporting those students in need and also developing relationships between staff and students. The program also improves student wellbeing, supporting their outcomes. Everyone is welcome to attend and enjoy a free breakfast and a fun and enjoyable environment to start their school day.



Point

Second-

would also like to sincerely thank the IGA for their support for our Breakfast Program.

Cook Senior

ary College

### ATTENDANCE

Student attendance information is available on Compass, including the option to approve absences and input requests to leave early for an appointment. Students are required to provide a medical certificate when absent from a VCE class or assessment.

**Late Arrival to School** - Students are requested to use Compass card to sign in at Kiosk at the front of the school. Students who do not have cards can report to the attendance office.

**Early Leave** - Parent approval is required for any student requesting to leave early. This can be done either by parent entering approval on Compass or contacting the attendance office.

### IMPORTANT DATES

#### Term 1:

**17 April – Easter Monday Public Holiday**

**18 April – Term 2 Commences**

**25 April – ANZAC Day Public Holiday**

**10 May – Winter (1) Senior Sports**

**19 May – College Athletics Day**

**22 May – Division Cross Country**

**30 May – Winter (1) Intermediate Sports**

**5 May - 8 June – Year 10 & Year 11 Revision Week**

**9 - 16 June – Year 10 & Year 11 Mid-Year Exam**

**12 June – Queens Birthday Public Holiday**

**14 June – GAT all students enrolled in Unit 3 & 4**

**19 June – Report Writing Day**

**20 June – Winter (2) Senior Sports**

**19 - 23 June – Year 10 Work Experience Week**

**30 June – Term 2 Ends**

#### Term 3:

**17 July – Term 3 Commences**

**26 July – Year 10 into 11 Parent Information Evening**

**28 July – Advisory Orientation Program Day 3**

**2 Aug – Year 10 Course Confirmation Day - No Y10 Classes**

**2 Aug – Year 11 into 12 Parent Information Evening**

**4 Aug – Year 10 Course Selection Forms Due**



Australian Government  
Department of Health

9 in 10 Australian young  
people don't move enough



Make your move – Sit less  
Be active for life!





## What's it all about?

As you move through school, start work and become more independent, being physically active and limiting sedentary behaviour every day is not always easy, but it is possible and it is important.

This brochure presents Australia's Physical Activity and Sedentary Behaviour Guidelines for all young people aged 13–17 years, irrespective of cultural background, gender or ability. It also provides you with information about physical activity, sedentary behaviour (sitting) and 'screen time', including tips and ideas about how to be more active every day.

More information about healthy living, including references to other Australian Government guidelines concerning healthy weight and healthy eating, can be found at [www.health.gov.au](http://www.health.gov.au)

### What is....

**PHYSICAL ACTIVITY?** – any activity that gets your body moving, makes your breathing become quicker, and your heart beat faster. You can be physically active in many different ways, at any time of day.

**SEDENTARY BEHAVIOUR?** – sitting or lying down (except for when you are sleeping). It is common to spend large amounts of time being sedentary when at school or work, when travelling or during leisure time.

**Move more, sit less, every day!**



## What are the benefits?

Being physically active and limiting sedentary behaviour every day is important – it can help you to be fit and healthy and to feel good.

Did you know that being physically active helps you do better at school?

**A+**



### SOCIAL BENEFITS

- Creates opportunities for fun with friends.
- Reduces anti-social behaviour, including aggressive and disruptive actions.
- Develops cooperation and teamwork skills.



### EMOTIONAL AND INTELLECTUAL BENEFITS

- Improves self-esteem and confidence.
- Helps you manage anxiety and stress.
- Improves concentration.



### HEALTH BENEFITS

- Promotes healthy growth and development.
- Builds strong muscles and bones.
- Improves physical fitness, including coordination and movement skills.
- Reduces your risk of disease and unhealthy weight gain.

# Move more...

## Be more active, more often

You don't have to do organised or competitive physical activity to benefit. Social physical activity with family and friends, or being active by yourself, can also be lots of fun and is good for you too.

While all physical activity is helpful, doing a variety of moderate to vigorous intensity activities for **60 minutes every day** is good for you...



... and greater amounts of activity each day, up to 3 hours, will benefit you even more.

**You can do it!** Remember, you don't have to do all of your 60 minutes in one go. You can accumulate your **activity throughout the day.**



Hmmm... so, 20 minutes riding my bike to school, 30 minutes in PE class and 10 minutes of exercise at home = **60 minutes.**

Or...30 minutes walking to and from the bus stop or train station and 30 minutes of a dance class, sport, or kicking a footy with friends = **60 minutes.**



**MODERATE INTENSITY ACTIVITIES** take some effort, but you are still able to talk while doing them.

E.g. recreational swimming, social tennis, fast walking, dancing or bike riding.

**VIGOROUS INTENSITY ACTIVITIES** require more effort, and make you breathe harder and faster ('huff and puff').

E.g. jogging, aerobics, fast cycling, circuit training, or organised sports like basketball, soccer or netball.



I could meet my friends for a walk instead of a movie.



I could ride my bike to meet up with friends on the weekend.



I could join a local group or team.



**Choose activities you enjoy doing, and you will be more likely to continue doing them.**

# ...and sit less!

## Stand up for yourself

Even if you are very physically active, you will still benefit from limiting the amount of time that you spend sitting or lying down (except when sleeping) in as many ways as possible.

You're right – there are some activities, like reading and doing school work, that may need to be done while you are sitting. The key is to find a healthy balance and limit time spent in front of a screen for entertainment.

## Does your 'free time' mean 'screen time'?



Time spent using electronic media (such as television, seated electronic games, portable electronic devices or computers) for entertainment, is referred to as 'screen time'.

While screen time activities may be popular, they usually involve either sitting or lying down for long periods.

### Minimise the time you spend being sedentary every day by:

- limiting your use of electronic media for entertainment to less than 2 hours per day; and
- breaking up long periods of sitting whenever possible.

I could turn off the TV during the day and head outside.



I could make my bedroom a computer and TV free zone.



I could set an alarm on my computer to remind me to stand up often.



**Get real! Why not try meeting up with friends in person instead of online?**

**What will you do**





## Stronger bones, stronger muscles

On at least 3 days each week (as part of your 60 minutes of daily physical activity) include activities that strengthen bones and muscles.



Body weight exercises, like **sit-ups**, **push-ups**, **lunges** and **squats** will also help to improve your strength and can easily be done at home.



I could learn to dance.

I could join a martial arts or aerobics class.

I could take the stairs, instead of the lift or escalator.

Doing activities to strengthen bones and muscles is an important part of healthy growth and development.

What will  
you do





# Why not try these ideas?

There are lots of ways for you to be more physically active and less sedentary every day.



## ACTIVE AND FUN

Instead of watching TV or using other electronic media:

- Try social outdoor activities like kicking a footy or throwing a frisbee with friends or family.
- Catch up with friends to walk and talk, instead of sitting down to chat.
- Swap social media for social activity.



## ACTIVE TRAVEL

- For short trips, instead of travelling by car, walk, ride or skateboard safely.
- Use public transport and walk or ride to and from the bus stop or train station.
- Get off the bus one stop earlier and walk the rest of the way.
- When out shopping, use the stairs instead of the lift or escalator.



## ACTIVE AT HOME

- Plan specific, limited time periods for watching TV and using electronic media.
- Sleep time is important – avoid using electronic media just before going to sleep.
- Do a DVD-based exercise or dance class.



## ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity you do.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- If you have a medical condition, speak with your doctor or other health professional about the most suitable activities for you.

**Be active every day in as many ways as you can!**

# Australia's Physical Activity and Sedentary Behaviour Guidelines for Young People (13–17 Years)

## PHYSICAL ACTIVITY

- For health benefits, young people aged 13–17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Young people's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, young people should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, young people should engage in more activity – up to several hours per day.

## SEDENTARY BEHAVIOUR

- To reduce health risks, young people aged 13–17 years should minimise the time they spend being sedentary every day. To achieve this:
  - Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day – lower levels are associated with reduced health risks.
  - Break up long periods of sitting as often as possible.

## Australia's Physical Activity and Sedentary Behaviour Guidelines

- Move and Play Every Day – National Physical Activity Recommendations for Children 0-5 Years.
- Make *your* move – Sit less – Be active for life!
  - Children (5-12 years)
  - Young People (13-17 years)
  - Adults (18-64 years)
  - Families
- Choose Health: Be Active – A physical activity guide for older Australians.

To order these resources  
**FREE OF CHARGE,**  
phone **1800 020 103**

## OTHER HEALTHY LIVING RESOURCES:

- Healthy Weight Guide – [www.healthyweight.health.gov.au](http://www.healthyweight.health.gov.au)
- Eat for Health – [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)
- Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia – [www.nhmrc.gov.au/guidelines/publications/n57](http://www.nhmrc.gov.au/guidelines/publications/n57)
- Get Up & Grow – Healthy Eating and Physical Activity for Early Childhood (for centre based care, family day care and pre-schools) – [www.health.gov.au](http://www.health.gov.au)

To find out more, go to  
**[www.health.gov.au](http://www.health.gov.au)**