

PRINCIPAL'S REPORT



In the past few weeks, we have enjoyed some wonderful events that our students have organised or contributed to and I need to celebrate them. On March 16 the Year 10 students participated in the eighth National Day of Action against Bullying and Violence, they took part in a program that made them aware of the dangers of sexting and produced posters about Bullying – No Way. They also had an introduction to the Respectful Relationships program that will be part of their Advisory curriculum in 2018.

On Wednesday 21 March, we celebrated the diversity of our community with Harmony Day, Point Cook Senior Secondary College has students from over one hundred different national and cultural backgrounds and we take great pride in embracing and celebrating our community. When you visit the LRC you will notice the flags on the ceiling, these represent each of the countries where students were born. Harmony day highlights included the national dress worn by many students, the mixed countries haka and dancing in the theatre as well as the multi-cultural food on offer at lunchtime.

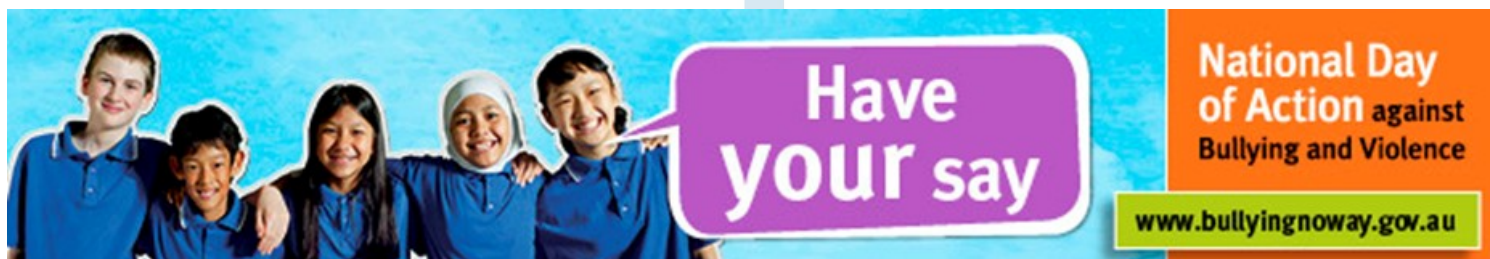
Congratulations must go to our student leaders and staff who organised and participated in the Point Cook Senior Secondary College team in the Relay for Life on the weekend of March 24 and 25. Unfortunately, high winds saw the event cancelled at 3.00am on Sunday morning, which was a bit disappointing for the students involved. I hope that we will be back next year and build on the great work of the student leaders this year.

Our work internationalising the school continues, Mr Flannery has been participating in the ASEAN Bridges program and has been to Sydney for training and PCSSC hosted a visiting teacher from Vietnam, Thuy Le who teaches at the Amsterdam-Hanoi school, over the week of 15 – 22 March. See Mr Flannery's report in this newsletter for more details and photos.

Premiers Active April is about to launch in Victoria and PCSSC is proud of being a Healthy Together school, I wrote in the last newsletter about the benefits of being active, fit and healthy. At the end of the newsletter, you will find some great ideas for Sit less-Be Active for Life.

Over the last term, as part of the School Review process we have been completing our PCSSC Pre Review Self Evaluation, I would like to thank the college community for their input into this process through surveys, conversations at welcome nights and during advisory classes. Throughout term two, we will be going through the review process; you may be invited into the college to participate further in the process. We value the contribution our community makes in continuing to create a great learning environment at PCSSC.

Chris Mooney
Acting Principal





Simple ways to support your child's learning

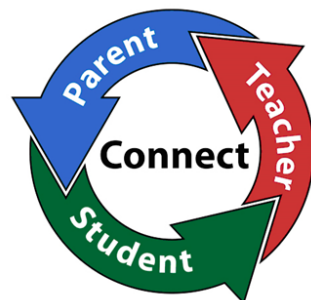
Young people have the greatest chance of **success in their learning when they are closely supported by both their school and their home**. The following is a list of simple, but highly effective ways that parents and families can support teenagers in their learning:

- Take a real interest in what your child is learning about, even if you aren't completely familiar with the subject. Ask them to explain the content to you; this will greatly strengthen their own understanding. Also, use their materials to quiz your child after they've revised a particular topic – this is a fantastic way to support their preparation.
- Make time to regularly talk to your child about school and ask questions about their subjects. Let them know that you value and respect their work. Also, know when they have upcoming assessments (SACs, tests and exams) – mark these on a calendar that is clearly visible in the home.
- Make sure your child has a quiet, distraction-free place to study. Distraction-free means no phone, TV, or websites other than homework-related resources. Make this a manageable task - for example, after 1 hour of school work they can check their phone for 15 minutes. Be sure to touch base with them from time to time to ensure they remain focused and to encourage them.
- Praise and celebrate effort and commitment, as well as results.
- Understand that even if your child doesn't have specific homework, they should complete revision – this means looking back over their classwork again, making study notes and doing extra practice questions; these behaviours consolidate understanding.
- Nourish your child's body and mind – provide healthy, nutritious food and plenty of water. Also, encourage your child to regularly exercise and get plenty of sleep. These steps will help to minimise their stress and anxiety levels: 'healthy body = healthy mind'

Remember - stay in touch with your child's subject teachers and/or advisory teacher – send them a quick email through Compass every few weeks to see how your child is going.

Please attend parent-teacher interviews:

- Term 1 – March 28 and 29
- Term 3 – September 20 and 21



Relay for Life – Point Cook Senior Team

In 2018 Point Cook Senior has fielded its first team in the Relay for Life – The students have put in some wonderful fundraising efforts and we'd like to invite you to donate as well! If you would like to make a contribution to our teams participation in the Relay for Life fundraiser for the Cancer Council, you can go to <https://www.relayforlife.org.au> and nominate the Point Cook Senior team.

Windy Weather Rattles Walkers in Relay for Life

The Relay for Life is a 24 hour walking event to raise funds for the Cancer Council and this year Point Cook Senior participated as a team for the first time! Students braved the pouring rain to set up our campsite and start walking. There are beaded necklaces to count the laps with two students: Archie Archie and Alina Arshad completing 100 laps! The students took a plush penguin called Gumbo around the track as our mascot and baton. Homework was seen from several students to the surprise of the teacher supervisors.

There was a beautiful candlelight ceremony to honour those who have fought cancer and those who have been lost to the disease – it was a powerful event to participate in.

A shock 3am cancellation due to predicted 80km/h winds meant that that we had to pack up and go home, we are forever grateful to the mighty parents who were woken in the small hours to pick up their tired and windswept teenagers.

A special mention to Vice-Captain Zahra Shahriar and Environment Leader Kaitlyn Beeby who have put in countless hours to organise this event and were the first students to arrive and the last to leave the event.

Thanks to our staff supervisors: Craig Longmuir, Karen Sterck, Stephanie Higgins, Dao Dang, Ali Wishart, Kerry Rosser, Vanessa Riley, Zoe White and Jeanette Knezovic.

Well done to our student team: Archie Archie, Alina Arshad, Jake Jonus, Kaitlyn Beeby, Zahra Shahriar, Kyla Canares, Kristen Canares, Aericka Bou, Robyn Hokai, Tamara Douthat, Sumati Sumanam, Cassandra Lariche, Gemma Goulding, Mia Lennon and Caelyn Montalto.





Code Masters 15th March

3 students, Jared Capadouca 12D, Keith Jones 12D and Alexandra Sipahutar 11L entered as a team into The University of Melbourne's Code Masters to represent Point Cook Senior in solving problems through computational thinking and general problem solving methods. They had 5 major questions broken up into smaller questions and two and a half hours to complete them in. They were able to check their answers by sending in their responses but only twice for each question. They had a great time of challenge and really found working through the problems together enjoyable. It was great to see them working each bringing their individual skills to make a stronger team. To an extent they didn't really know what to expect but getting in and giving it a go allows us to grow into the future with people that may want to compete next year.



- Alex – Code Masters gave me an experience which I had never been through before. Albeit I barely had any experience in coding nor interschool competing, the support of Miss Wishart kept me excited throughout and I also managed to learn problem-solving at a whole lot different aspect, along with teamwork through working with Keith and Jared who helped me a lot.

Thanks to Mr Shaun Sleep for supervising them on the day.

Well done 'PCS Coders' you did a fabulous job representing the school. If there are others that would like to join a team for next year's competition come and have a chat with me, I would love to start supporting you.

Alison Wishart

Year 10 Physical Education

Year 10 Physical Education excursion to Goodlife Health and Fitness club at Point Cook town centre. Students completed a combination Pilates and Yoga class to help meet their fitness component of the Physical Education course. All Point Cook students displayed the college values of respect, effort and responsibility fabulously whilst out in the community.



Here is what our representatives thought:

- Jared - "I enjoyed the experience and I'm quite happy with how our team did given such short notice, with only two weeks to prepare for such a large competition, 10/10 would do again. The one thing I'd do if given the opportunity to compete again is to study the past competitions more as they give great insight into what you're in for in terms of question difficulty. Overall it was a great experience based around working through problems as a team and there is much I've learnt from it"
- Keith - "I think that it was pretty fun considering we were scrambling around and half guessing, or brute forcing our way manually through questions as we lacked the knowledge of the code, as well as us not having the adequate practice of previous questions from past years, overall we managed to exceed what was something that was beyond our skill level and we learned a lot while working together. Even though we did not practice and try to win the competition I thought it was really fun and a great experience, I would definitely recommend it to the teams that will proceed us, even if they only do it for fun."



Year 10 English - "Cosi" Incursion

On the 23rd of March the Year 11 English students attended an incursion where a group of actors performed selected scenes from the text they are currently studying, 'Cosi'. The actors performed each scene with various inflections as a way to break down each character and to improve each students understanding of the text. After each performance the actors unpacked the scenes and interacted with the audience, giving them a chance to discuss their interpretations of each character and relate them directly to the text. Students overall really enjoyed each performance and gained valuable information necessary to continue with their study of the text and their upcoming SAC.



*together we are creating a
healthy school*

**achievement
program**





Year 12- Historical Relationships with Outdoor Environments Camp

Last week the Year 12 Outdoor and Environmental Studies class went on a camp to analyse the history of relationships with outdoor environments in the Geelong and Surfcoast area. They investigated how interactions and impacts on the land changed, from the time that the Wathaurong indigenous group were the sole occupiers of the land, to the convict ships harboured off the coast of Geelong, influences on land use of the wool industry and industrialisation. It was a very busy three days with many historic sites visited as well as participation in surfing and sailing lessons. All students were able to collect a lot of valuable information to use in their assessment tasks. Thanks to Mia (12D) for the photos she took on camp and has provided.





Year 12 VCAL at Australian Grand Prix 2018

On Friday the 23rd of March, Point Cook Seniors Year 12 VCAL students were fortunate enough to attend the 2018 Australian Grand Prix. At no cost, students had the opportunity to view a variety of old and new vehicles up close and personal such as, – (cars, helicopters, army tanks, and go karts etc). It was an amazing experience to witness upfront the reality of the Automotive & Engineering industry, as mechanics fascinated the public when demonstrating how to change tyres, check engine temperatures, as well as many more activities. At first, the Grand Prix wasn't something that many students had taken an interest in, but when we had got to the event, students got to go off to immerse themselves with the activities with their friends and enjoy themselves, participating in a variety of activities from flying drones and driving simulated race cars and really making the most of the day.

In the end, this did change most perspectives, as we realised that the Melbourne Grand Prix was an event that was actually interesting and enjoyable because we had got to see trial races and view up close the actual formula one race cars, with the contestant drivers inside, driving them. We also saw different university and career workshops and innovations in coding and robotics and many activities to experience. Despite the weather being really hot, going to the Grand Prix was a memorable experience. We were lucky enough to experience a great day without paying any expense. Most importantly, students were exposed to a whole new environment that was different, learning many new things. Furthermore, the day wouldn't have been possible without the support of our amazing Year 12 WRS teachers (Mary Dimech-Hill and Lyn McVay), who encouraged us to try new things so students left the event without any regrets.

Allison Peseta.





Harmony Day

Harmony Day is one of the most exciting events that students run at Point Cook Senior – this year was one of our greatest yet! - On March 21st, The student leaders put together a festival of national food stalls, there was a cultural dress theme and an incredible lunchtime performance.



Due to the timing, donations from the event went to the Point Cook Senior team of the Relay for Life. The diversity and pride in our school community is one of the really special things about the college and it was an absolute treat to be able to celebrate it. Well done to the Student Leadership Team for organising!





Lunar New Year Festival, Stockland Point Cook 2018

On February 24th the Wyndham community came together in the Point Cook Town Centre to celebrate the Lunar New Year. The festivities included live performances, traditional food, lion dancing and fireworks. Point Cook Senior was delighted to participate in the program by inviting Year 10 and Year 11 design students to construct and decorate lanterns with their own imagery for prosperity and good fortune. The student's lanterns were prominently displayed on Main Street to wish everyone good luck and happiness in the Year of the Dog.





ASEAN Bridge Program

As part of our framework for improving student outcomes, Point Cook Senior Secondary is proud to be in partnership with the Asia Education Foundation and the ASEAN Bridge Program for 2018. The partnership between the organisation and our school community aims to support schools to educate a new generation of globally competent and Asia capable young Australians. The program partners Point Cook Senior Secondary with a school in Vietnam (Hanoi-Amsterdam School for Gifted Students) and offers reciprocal visits for teachers in both countries to visit their partner schools and learn first-hand about each other's culture, community and school class.



This immersive and blended model of professional learning supports school communities across Australia to build an international school partnership with a sister school from across Southeast Asia. As part of the program, one of our teachers, Mr Bryce Flannery travelled to Sydney for a 4-day intensive professional development course and to meet our partner from Vietnam, Ms Thuy Le. During the 4 day professional development, Mr Flannery and Ms Thuy Le participated in face-to-face professional learning to develop a deep knowledge and understanding of the diverse cultures of their partner country, intercultural understanding and an understanding of how to implement it in the Australian Curriculum; new approaches to using digital technologies in the classroom to enable global collaboration; establish an international school partnership that will provide unique student learning opportunities; and contribute to a community of learners across ASEAN member states.

While in Sydney, Mr Flannery and Ms Thuy Le had the opportunity to meet the Minister for Foreign Affairs and Trade, Julie Bishop and the Shadow Treasurer Mr Christopher Bowen.

Ms Thuy Le will be observing classes at Point Cook Senior Secondary from March 21st to March 28th and we say “Hoan Nghênh” (Welcome) to Point Cook Senior Secondary College.





From Hanoi-Amsterdam High School To Point Cook Senior Secondary College

As part of the Australia-ASEAN BRIDGE School Partnership Program, I spent a week at Point Cook Senior Secondary College, from March 21 to March 27. This was a wonderful time for me as I had the chance to observe lessons of different subjects, talked with the teachers and students and had two lessons with the Year 12F Advisory Class.

I shared with them information about Vietnam, Vietnamese culture, Hanoi and my school – Hanoi-Amsterdam High School.

Everything is different here – the curriculum, the timetable, the way of organizing classes, and especially the method of teaching and learning. In Vietnam, we do not have subjects like Legal studies, Business Management, Visual Communication and Design, or Media Studies, which are very practical and useful for life.

At Hanoi-Amsterdam, students stay in the same classroom for every subject and each class has a head teacher to take charge of students' behavior and make sure they obey the school regulations. What I like the most about Point Cook Senior Secondary College is the teaching and learning approach.

It is student-centred, students have to think and do instead of just memorizing facts. I have learnt a lot from the lessons and I will try my best to apply them in my teaching.

Also as part of the program, Mr Bryce Flannery and I will work together on a partnership project between the two schools. In September, Bryce is going to Hanoi to spend a week at Hanoi-Amsterdam High School, engaging in the school activities. After that, we will collaborate and carry out the project with such activities as organizing Australia Day and Vietnam Day, creating a mural in each school and connecting students through Google Classroom and ICT. We aim for intercultural understanding and better quality of education.

I would like to send my sincere thanks to Mr. Christopher Mooney and the Point Cook Community for your warm welcome and support during my time here

Ms Thuy Thu Le, Hanoi-Amsterdam High School





POINT COOK POP UP PARK – WRS ACTIVITY

Last week Year 11 WRS students had the opportunity to apply their OHS skills acquired throughout Term 1 by participating in an excursion to Point Cook Town Centre.

Students visited the Pop Up Park and conducted an OHS audit focusing on good OHS practices and areas that they deemed required further workshopping for the organisers.

Students were able to successfully communicate their findings in group discussions and enjoy a well-deserved morning tea while taking in the relaxed atmosphere and great weather at the Pop Up Park.

AGI WRS Teacher



Coles Sports for Schools

Our school is participating in the 'Coles Sports for Schools' program which is a campaign to help Aussie kids stay fit and healthy.

When you shop at Coles, for every \$10 you spend you will receive 1 Sports for Schools voucher which you can collect and place into one of our collection bins located outside the front office entrance and in the LRC. The more vouchers we collect, the more sports gear/equipment we will receive. You can also do this online by selecting Point Cook Senior to donate to.

Thank you for your support!
Brianna Bunworth



CUBBY HOUSES FOR SALE

Cost \$800 per cubby
Built by Building and Construction students
They are easy to dismantle for transportation
and to erect
If interested please call Julie George
On 9395 9271





Careers/Pathways Report

Excellent news for Point Cook Senior University and TAFE offers 2018, 143 students 99.31% from Year 12 students (class of 2017) received a first round University or TAFE offer. Most students commenced their tertiary studies in February and March 2018. There were also 19 students that commenced an apprenticeship or traineeship and we look forward to hearing about their future endeavours and success.

Congratulations to Grace Kim who was awarded the prestigious Mary Jane Lewis Scholarship. This scholarship will fund her University studies in the Bachelor of Engineering Civil Infrastructure (Honours/ Business Management) at RMIT. Congratulations Grace!

Congratulations Darcy Peace & Natasha Milner awarded scholarships from Victoria University.

Point Cook Senior Careers website:

<http://pointcookseniorcareers.com/>

This is a free resource for students, parents and teachers at Point Cook Senior. On this website you can access extensive resources and links which provides information to explore thousands of careers and courses, access work experience information, apply for a USI or tax file number, access past exams and complete a Career Interest Test, Career Action Plan and complete a resume. Please see Careers Leaders Mary Dimech-Hill for additional information.

Regards
Mary Dimech
Careers and Pathways Leading Teacher & Counsellor
Point Cook Senior Secondary College
Ph: 93959271 (Option 4) Fax: 93954964

Year 10 Meningococcal Immunisation Notification

The immunisation is held at PCSSC on Wednesday May 2nd. All Cards must be returned to the front office by Tuesday 17th April. Year 10 only.

Volunteer

An Invitation to Parents/Guardians. If you have time to volunteer in our College Library for few hours during the week, please phone Julie on 9395 9271. All volunteers will need to obtain a "working with children's check". The school can assist you with this process.



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 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

Point Cook Senior Secondary College



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

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

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 - All welcome

Where: Room 312

When: Fridays

Time : 8.00am – 8.30am

Our Breakfast Program has now been running for 8 years. We have been beneficial 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.



Breakfast Club is my favourite place because I enjoy the friendly people and atmosphere and I hope it continues to run forever.

MARK GORFUNKEL

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 2:

16 April – Term 2 Commences

25 April – ANZAC Day Public Holiday

16 May – Senior Interschool Sports

18 May – College Athletics Day

25 May – Division Cross Country

29 May – Girls Football & Boys Netball

30 May – Science Fair

4 May - 7 June – Year 10 & Year 11 Revision Week

8 - 15 June – Year 10 & Year 11 Mid-Year Exam

11 June – Queens Birthday Public Holiday

13 June – GAT all students enrolled in Unit 3 & 4

18 June – Report Writing Day

20 June – Intermediate Interschool Sports

29 June – Term 2 Ends

16 July – Term 3 Commences

25 July – Year 10 into Year 11 Information Evening

1 August – Year 11 into Year 12 Information Evening



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

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
- Eat for Health – 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
- 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

To find out more, go to
www.health.gov.au