

Our Healthy Kids

Health & Wellbeing Education Programs
for all Primary School Children



AH&MRC
Aboriginal Health & Medical
Research Council of NSW



AH&MRC
Live, Longer, Stronger



100% Cost-FREE!



Inclusive of all kids



PDHPE Curriculum



Dynamic & Fun Format



Flexible Programs



First Nations Team

Free to all NSW Public Schools & We Come to You!

The Our Healthy Kids program is a **cost-free**, 8 week health and wellbeing initiative for all NSW primary school students in stages 1–3. Our experienced team of educators will deliver the program in your school and supply all classroom learning materials along with conducting our super fun physical activities and outdoor games.



Aligns with NSW PDHPE Curriculum

Tailored to each learning stage, the program aligns with the NSW PDHPE curriculum, covering 8 key areas of health and wellbeing.

All comprehensive learning materials are provided, allowing school teachers to hand over this part of the syllabus with confidence. Learning tools include stage specific workbooks, interactive displays, scenario cards and sporting equipment.

Flexible Programs

Our standard in school format is 8 x 90 minute in-school sessions, with each session comprising 45 minutes of classroom learning and 45 minutes of physical activity. However we are happy to work with you to tailor a format that works best for your school.

We also offer a range of other bespoke educational programs, such as collaborating to assist with NAIDOC week activities, school holiday workshops, cultural bush walks and other events. Speak to our team and we can work out a package for you.



Culturally Focused and Inclusive of all Children

Our team of health educators are all proudly Aboriginal. This ensures the program is delivered in a culturally safe and inclusive way. Our Healthy Kids empowers all students to make healthy life choices, and live longer and stronger.

“

The kids have said that their highlight of school has been participating in the Our Healthy Kids program.

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Assistant Principal, Marrickville West PS






Fun and Engaging Format

Kids love our program! Delivered in a dynamic format, combining engaging classroom learning along with outdoor physical activities that feature our popular **Indigenous games**. Our experienced team of educators are committed to ensuring every child gets the most out of our program.



Learning Outcomes

The Our Healthy Kids PDHPE curriculum helps children develop essential skills, knowledge, and attitudes to support their health, safety, and well-being. Once all 3 stages of the program have been completed, students will:

-  **Make informed decisions about physical activity, nutrition, personal safety, and emotional well-being.**
-  **Develop resilience, self-awareness, and positive relationships while promoting respect and inclusivity.**
-  **Enhance physical literacy through participation in various sports and activities, improving coordination, fitness and teamwork.**
-  **Recognise the importance of healthy eating and make informed food choices to support overall well-being.**
-  **Gain confidence and knowledge to make healthy choices and contribute positively to their communities.**

Graduation Pack for Every Child

At the end of each stage of the program, every child receives a graduation certificate and pack filled with fun, healthy lifestyle items to celebrate their achievements and encourage ongoing healthy habits.



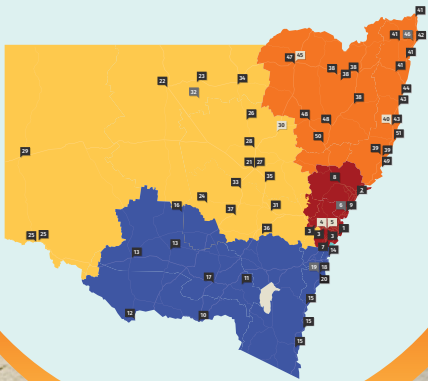
Our Healthy Kids

Empowering all children to make healthy life choices and live longer and stronger

ENQUIRE NOW!



Western Northern
Southern Metropolitan



Teams across all of NSW

With education teams across NSW, the Our Healthy Kids program is able to visit schools from all over the state. Our team have a wealth of experience across health, wellbeing and sporting backgrounds and all hold Working with Children Checks.

In addition, we have strong partnerships with over 50 Aboriginal Community Controlled Health Services across the state.



Get in touch to find out more!

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ourhealthykids.org.au