**Our Healthy Kids** 

Health & Wellbeing Education Programs for all Primary School Children



#### **FREE to all NSW Public Schools**

The Our Healthy Kids program is a **cost-free**, 8 week health and wellbeing initiative for all NSW primary school students in years 1 to 6.

### 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. It includes comprehensive learning materials, allowing school teachers to hand over this part of the syllabus with confidence.

### **Fun and Engaging Format**

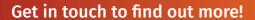
Kids love our program! Delivered in a dynamic format, combining classroom and outdoor activities that feature our popular **Indigenous games**.

## **Culturally Focused and Inclusive**

With education teams across NSW, our fully trained 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.

# **Graduation Pack for Every Child**

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



**Ph:** (02) 9212 4777 **E:** LLS@ahmrc.org.au

ourhealthykids.org.au





ENQUIRE NOW!

