

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.



ENQUIRE NOW!



Get in touch to find out more!

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ourhealthykids.org.au



AH&MRC
Aboriginal Health & Medical
Research Council of NSW



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Live, Longer, Stronger