



2015 Challenge a Success

Well done to all the students who took part in this health improving challenge which was conducted by the Department of Health. Mrs Prosser spent many hours setting up and running this program, with excellent outcomes for everyone who entered. Below is an extract from the newsletter which announced the winners.

Congratulations to all schools that completed the challenge in Term 3. In the South West over 1400 students took the challenge to be active, drink water, eat healthy foods and learn how to beat disease.

Your contribution, along with other teachers and students across WA has contributed to the success of Take The Challenge which this year was selected as a finalist in the annual WA Health Excellence Awards in the Promoting Healthy Habits & Preventing Illness & Injury category.

Interesting Ways That Teachers Implemented Take the Challenge

Here is a selection of some interesting and fun ways classes took the challenge:

- Having students design & lead a tabloid sport event
- Walking sections of the Cape to Cape
- Having an excursion to the Maze
- Using stickers for the whole school to recognise healthy lunchbox foods
- Promoting adventure play
- Student designed and led obstacle courses.
- Persuasive writing about the benefits of being physically active



Prize Category Winners

And now to announce the winners of the Take the Challenge prize categories
All winners will receive a pack of resources to help keep their students healthy and active.

Health Promoting School

Year 5/6 – Boyup Brook District High School

Be More Active

Year 1 & 2 - Glen Huon Primary & Geographe Education Support

Drink Water

Year 1 & 2 - East Manjimup Primary School

Eat Healthy Food

Year 2 & 3 - East Manjimup Primary School

Beat Disease

Year 5 Fabulous Unicorns – Dalyellup Primary
& Eaton Primary's Year Three Eaton Turbo Runners.

Bibbulmun Track

Years 2 – 6 Manjimup Education Support

Commendations

Those schools that submitted work for judging, but unfortunately were not successful amongst the fierce competition for prizes, will receive a certificate of commendation. These are:

- Donnybrook District High School's year one classes – for a healthy eating focus, with lots of opportunity for students to practice their cooking skills.



- East Manjimup Primary School's Room 9 students – for participation in physical activity challenges including circuits and obstacle courses.