



Seven Hills West Public School

Respectful, Safe, Responsible Learners

NSW PREMIER'S SPORTING CHALLENGE



Seven Hills West Premier's Sporting Challenge

Dear Parents/Carers

This year our school has registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

During Term 3, **students in Years 3 to 6** in our school will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks.

Our school will be working towards a class-based award for K-2 and individual student award for 3-6 at the conclusion of the Challenge.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

Each student in years 3-6 will be issued with a logbook to record their daily physical activity. Whilst K-2 students will work towards receiving magnets to take home.

Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze), signed by the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

Yours sincerely

Ms Shanti Clements
Principal
27.06.22

Mrs A Vlahopoulos, Miss N Chuang & Mrs P Thomson
Premier Sporting Challenge Coordinators

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A Proud PBL School (Positive Behaviour for Learning)