

## Active Schools Success Story

# Bairnsdale Secondary College


**Key Priority Areas: Supportive School Environment and Extracurricular Programs**

<b>School Overview:</b>	Bairnsdale Secondary College remains the largest provider of education in East Gippsland, with a growing enrolment of approximately 1180 students. Approximately half of the student population resides within the township of Bairnsdale, with the remainder travelling from surrounding areas in East Gippsland.
<b>Project Goal:</b>	To support and encourage all students to participate in active recreation opportunities during recess and lunchtime through the introduction of new equipment and connections with community organisations.

At Bairnsdale Secondary College, staff asked their students, “how can we help you to be more active at school?” Student answers included: new equipment in our fitness centre, and ‘things’ to do at recess and lunch. So, this is what they did:

1. Installed an outdoor table tennis table in their senior student area. The table is constantly in use during break times, and the CCTV security camera had captured footage of students playing on weekends. Two more tables have now been installed.
2. Engaged staff from GippSport and their team of coaches to deliver [Street Games](#) during lunchtimes, twice per week for 9 weeks each term for the junior and middle/senior school students. The students have thoroughly enjoyed the variety of activities and each session has been packed with eager participants, many who would otherwise be inactive during lunchtimes.
3. Added new equipment to their fitness centre that have students and staff regularly sweating it out in the gym. A lunchtime fitness program for senior students, including boxing and weight training, has also been delivered by a professional from the local fitness club, with a similar program being delivered for staff after school.
4. Ordered active play equipment that has been allocated to each year level for students to borrow at break times. This equipment includes totem tennis, tetherball, Spikeball, basketballs, and a 3-way volleyball/badminton net that is set up at break times.
5. Refreshed their line markings and repainted one of the 4-square areas to become a 6-square area because the game had become so popular!



Active School Strategy	Impact
<b>Student Voice and Agency:</b> Survey students to include targeted activities and programs that increase physical activity whilst at school.	<i>Ownership and responsibility over their active output during break times has led to an increase in student physical activity, as well as social inclusion within these activities. Staff have benefitted from engaging with students in lunchtime activities by fostering positive relationships and building rapport between students and staff.</i>
<b>Equipment:</b> Purchase appropriate fitness equipment to create opportunities for students to be active and access the school fitness centre.	<i>The new equipment and borrowing system have created positive interactions and a sense of responsibility has grown amongst students when lending and returning equipment.</i>
<b>Environment:</b> Purchase outdoor table tennis tables to enhance current play spaces and repaint ground markings to support physical activity and games.	<i>The new play spaces have assisted in fostering positive interactions and relationships between students, and students and staff. Engaging in meaningful activities at break times has resulted in more settled behaviour in the classroom setting.</i>
<b>Program Delivery:</b> Engage GippSport and local gym instructors to implement the StreetGames program and lunchtime fitness programs respectively.	<i>Engaging and supporting local businesses has benefited the community relationship with the school. Students have experienced new activities, and been introduced to future opportunities such as traineeships, apprenticeships and casual employment.</i>

Want to know more? Contact [activeschools@achper.vic.edu.au](mailto:activeschools@achper.vic.edu.au) or access our online community [here](#).