

Active Schools Success Story

Epping Secondary College


Key Priority Area: Extracurricular Programs (Gym, Badminton and Equipment borrowing)

School Overview:	Epping Secondary College is a fast growing co-educational, Year 7-12 College with 1300 students. The college continually strives to provide a supportive, safe, harmonious environment which promotes “learning for life”, an approach that centres on the “whole” learner. The college focuses on developing students’ academic, social and emotional wellbeing offering a range of programs and opportunities to develop skills.
Project Goal:	To increase student engagement in extracurricular physical activities before, during and after school and to support students' wellbeing and mental health through engaging student voice, upgrading equipment, introducing sustainable activities, and building on existing facilities.



Using Active Schools Extracurricular funding, student voice and staff capability, Epping Secondary College has established a series of thriving extracurricular activity opportunities for students. They have purchased new gym and sports equipment, revamped their lunchtime equipment borrowing system, repurposed an underutilised space into a vibrant ‘teen gym’ and involved staff in the implementation of a

bustling badminton program.

While Physical Education (PE) staff have led the way in developing these projects, student voice has been imperative to their success. Lunchtime equipment borrowing has proven popular, with hundreds of students accessing equipment daily. Forty students a day access the Badminton Club run by one staff member who is a skilled badminton player and coach. Approximately 20 students a day access the ‘teen gym’ and the lunchtime yard duty roster has been adapted to ensure PE staff are in these spaces to oversee safe participation. Larger volumes of students have been active because of these initiatives and behavioural issues have noticeably decreased, helping to improve the health and wellbeing of students. The next phase of this project will be to expand these offerings and introduce new physical activity options and promote connections to community-based opportunities.



Active School Strategy	Impact
Student Voice and Agency: Involve students in the design of programs and equipment purchase decisions related to the extracurricular activities.	<i>“Student voice from sports captains resulted in equipment being purchased and utilised that otherwise wouldn’t have been considered by teachers. Students are loving using it!” PE Teacher. Students have gained a sense of ownership and have been more likely to engage in the physical activities on offer.</i>
Equipment borrowing: Create a new equipment borrowing system whereby students use their student ID card to borrow equipment.	<i>“Hundreds of students are active daily on the synthetic turf playing with equipment. Students are more active because of these initiatives. Student behaviour has improved enormously.” PE Teacher.</i>
Program Delivery: Implement a social badminton club before, during and after school, to develop skills in preparation for inter-school sport.	<i>The ‘choose your own adventure’ structure has increased student engagement and enjoyment. Students can opt in and out as they please and feel safe to learn. They can also challenge themselves by working toward playing inter-school badminton.</i>
Teen Gym: Design a new ‘teen friendly’ gym space and program which is accessible to students and staff before and during school.	<i>The gym has improved physical activity, fitness and behaviour of students and has encouraged staff to develop their fitness also. Female participation has increased weekly as girls have felt encouraged, valued and supported with ‘female only’ sessions.</i>