

Colac Secondary College in Action

Key Priority Area: Quality Physical Education and Active Recreation

Type of Funding: Active Schools



School Overview:	Colac Secondary College is the only public co-educational Secondary College situated in the township of Colac. The College has an enrolment of 700 students in Years 7-12 and their Strategic Plan goal is to utilise the Active Schools Framework to increase school connectedness and positively influence school culture. Colac Secondary College has established exceptional community partnerships that support their quality Physical Education programs that continue to increase the uptake of physical activity for students.
Project Goal:	To encourage healthy, happy and resilient students through increased active recreation and quality extracurricular programs embedded at the College. Colac Secondary College support the belief that students who are provided with more opportunities to be physically active within the Physical Education curriculum and extra-curricular times are more likely to be engaged, connected to school, and have higher attendance rates.



The goal of Colac Secondary Colleges active schools' initiative is to link physical activity of students between the College, community, and student outcomes. The College has prioritised well-being and physical activity within their current School Strategic Plan. Students undertaking Physical Education and extracurricular activities are developing community relationship skills by connecting and communicating with Colac based organisations such as Colac Rowing Club, Bluewater Leisure Centre and Irrewarra Cricket Club.

Students are encouraged and supported to actively participate in the recreational opportunities provided by these local clubs and venues with many of them beginning to transfer these lifelong physical activity skills into the community setting.

These community links have impacted the students in that they are more likely to participate in incidental physical activity outside of school hours. Community relationships are being extended to actively promote student engagement in community sport and recreational pursuits, supported by the whole school approach.



Active School Strategy	Impact
Student Voice and Agency - Consult and officially survey students across the college about the extracurricular programs and possible activities they would like to participate in.	<i>An increase in student attendance and school connectedness has been observed. Students are opting into physical activity and active recreation during extra-curricular school times and external to CSC. As such, Active Schools has been adopted across the whole school.</i>
Staff Professional Development - Utilise Active Schools funding to provide numerous opportunities for staff to undertake extensive Quality Physical Education Professional development sessions.	<i>Investing in staff has led the College to embed Active Schools as a whole school approach, implemented and supported by their internal staff. This investment has supported a greater impact of students, families and wider community engaging in the physical activity.</i>
Program Delivery: Ensure the Active Schools program is led and implemented by the HAPE leader and Assistant principal, with the assistance of a full-time physical and outdoor education assistants.	<i>Active Schools has been adapted as a whole school approach i.e. staff, students and the wider school community. As such, students and staff utilise physical activity across the school day to enhance the educational and well-being benefits of students.</i>