



## Swan Hill College in Action

Key Priority Areas: **Active Recreation**

Type of Funding: **Extracurricular**



<b>School Overview:</b>	Swan Hill College is a co-educational secondary school with an enrolment of over 760 students. The school is the largest education provider within the Swan Hill Network and the only government Secondary School for a radius of 65 kilometres, catering for 15 'feeder' Primary Schools. Students actively embrace the College values of Respect, Responsibility, Belonging and High Expectations, and are encouraged to build on their talents, expand their horizons and develop a culture of lifelong learning.
<b>Project Goal:</b>	Swan Hill College aim to increase the number of students electing to be active during recess and lunch times by engaging student voice, agency and leadership that also increases student connectedness to the school and their peers. The school will continue to create local community connections that support engagement in regular physical activity.

Since receiving the Active Schools Extracurricular Boost funding, Swan Hill College has implemented a student lead House lunchtime activities program. They positively engaged student voice, agency and leadership (SVAL) to help shape the program and activities offered to students to be active. This resulted in the formation of a focus group that included staff and student House Leaders who were responsible for coordinating and leading the activities.

### TERM 2 LUNCH TIME ACTIVITIES

Week	House	Location	Tuesday	Thursday
2	Glendinning	Undercover area	Down ball Comp	Down ball Comp
3	Longhurst	Basketball court	Tunnel Ball comp	Tunnel ball comp
4	Ogden	in Library	Silent ball	Musical chairs
5	Wells	in Library	Tap it reaction game	Tap it reaction game

To further encourage student involvement and to support their local community, the funding allowed for the purchase of 'prizes' from businesses within the town. These included passes to the local gym, school beanies, vouchers for the local café and sports shop, as well as vouchers for the school canteen. Having all this included in the pre-planning also allowed the activities to be advertised in their student bulletin in the weeks and days leading up to them. Each House also identified a specific target group of students such as regular library users, senior students in the common rooms and middle school students. The student leaders were proactive and found out what games and activities were popular amongst these students.

A whole school approach with positive support and guidance from all staff has ensured the student leaders feel empowered and confident to drive engagement in the program across all year levels. To further promote and support physical activity involvement, the school library would occasionally be closed as well, encouraging both staff and students to have a go.

Active School Strategy	Impact
<b>Student Voice and Agency:</b> Conduct initial student surveys and implement focus groups with student leaders and staff to identify activities students would be keen to participate in.	<i>Engaging student voice and supporting House Leaders to conduct lunchtime activities has contributed to empowering the student leaders. A large number of students feel a sense of ownership regarding the program as they have been able to have a say in what they wanted to do.</i>
<b>Community Connections:</b> Purchase prizes from locals stores as incentives to encourage participation in lunchtime activities and promote local business.	<i>Local businesses have been positively impacted. The Swan Hill inc. gift cards allow students to spend their voucher in a variety of local stores. Vouchers for the local Leisure Centre have seen 'Teen Gym' participation numbers significantly increase and students are returning regularly to participate.</i>
<b>Program Delivery:</b> Create a lunchtime roster and program that supported both staff and student involvement, and empowered student leaders to deliver fun and engaging activities for the whole school.	<i>The staff and student feedback regarding the lunchtime program included many comments about an increase in students being active in the yard. Reports also indicate improved behaviour after lunch as well as a reduction in incidences in the yard in the last part of the lunch break.</i>