

KC are learning how to lead healthy, safe and active lifestyles. Physical activity is an important part of staying healthy. Together we have measured what happens to our body when we are active and why this is important for our health. We also collected data about the changes that happen to our body during physical activity to learn more about fitness.



KC also participated in culturally diverse physical activities including traditional Indigenous games. The games really got our bodies moving, just look at the smiles on our faces.



As part of our learning we have also begun to take a closer look at nutrition and the impact this has on our health. Next week we will explore Girraween Public Schools vegetable garden to learn the benefits of natural foods and supportive environments.

We are excited to say that we already know many strategies to keep healthy, safe and active. Our goal is to promote health and wellbeing in our community.

If you need some advice regarding your health just ask one of our lovely KC students.