



ACT Government
2004-2005 BUDGET

MEDIA RELEASE

STUDENT NUTRITION PROGRAMS GET A HEALTHY BOOST

The Stanhope Government has allocated \$1.5 million over four years for two initiatives to improve the health of school students in the ACT.

The Promoting Healthy Students initiative (\$939,000 over four years) will improve the health and fitness of school students across government and non government schools at primary, secondary and college levels.

Specialist organisations will be contracted to deliver nutrition, physical and fitness education to clusters of schools, as well as in-school support.

The initiative will provide concrete assistance to schools through:

- Improving nutrition and increasing fitness and physical activity among students
- Supporting staff in their health promoting schools approach
- Providing professional learning programs on nutrition and physical education to teachers
- Supporting the implementation of accredited healthy school canteens; and
- The trial and implementation of an assessment tool to measure the health and fitness of students.

The Government has also funded the College Health Co-ordinators initiative, \$553,000 over four years.

“This initiative provides for two staff to identify health and community services, attract them to the eight government colleges and co-ordinate their activities. By bringing services into the colleges it means that more students will have access to this expertise,” said Katy Gallagher, Minister for Education, Youth and Family Services.

“Access to support and information on drug education, alcohol and tobacco use, sexuality and relationships is critical for students to make the right decisions in their lives. Having this support on college campuses means students are more likely to discuss sensitive issues like drug use and sexual behaviour than to have to seek it out elsewhere.”

“I am delighted the Government has been able to build on the existing programs in our schools that are all about supporting students to be healthy, fit and making informed lifestyle decisions,” the Minister said.

Statement Ends.

