

Education State Ambition: Happy, healthy and resilient kids

Building resilience and increasing physical activity in our children

The Victorian Government recognises that the healthy development of our students helps drive the future prosperity of our State.

WHY IS THIS IMPORTANT?

Building personal resilience benefits students both within school and through the rest of their lives. By focusing on building high resilience students are equipped with skills and strategies to tackle current and future challenges.

Physical activity is vital for increased health and fitness, developing coordination and motor skills, and has a positive effect on general wellbeing including mental and social development.

WHAT ARE WE TRYING TO ACHIEVE?

By **2025**, Victorian students reporting **high resilience** will grow by 20 per cent.

By **2025**, the proportion of students doing **physical activity** for an hour a day, five times a week, will grow by 20 per cent.

EDUCATION STATE INITIATIVES

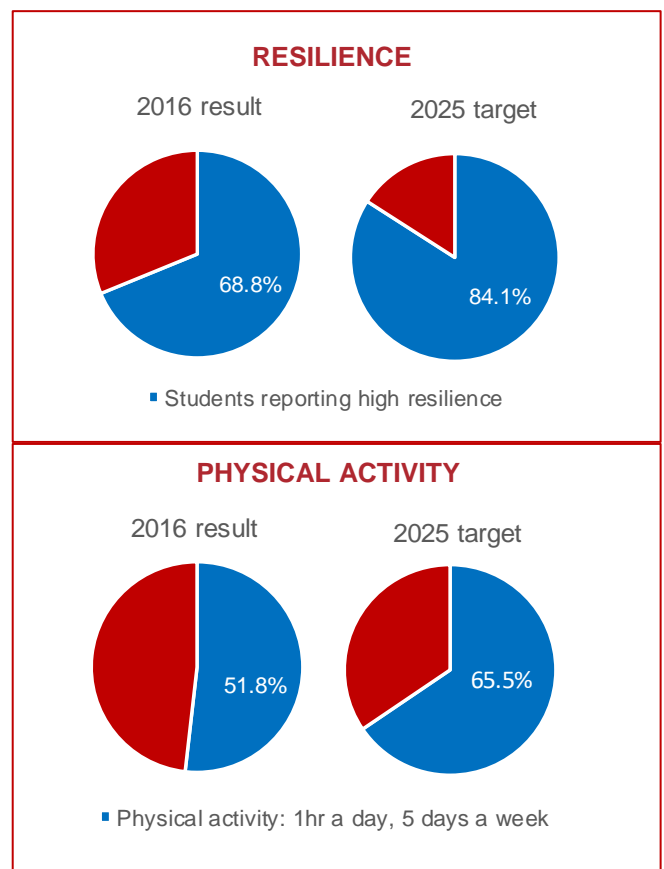
Promoting Healthy Minds for Living and Learning

Programs that specifically address mental health by supporting schools to create environments that promote best practice teaching to encourage students, the schools and community to flourish.

Breakfast Clubs

The aim of the School Breakfast Clubs Program is to establish breakfast clubs in disadvantaged primary schools to offer a healthy breakfast for students who may otherwise arrive at school hungry.

HOW HAS VICTORIA PERFORMED IN THE SECOND YEAR OF EDUCATION STATE?



MORE INFORMATION

For more information about Education State targets and to view the work that is being achieved in schools in the second year, visit www.education.vic.gov.au