



## Education State Ambition

# HAPPY, HEALTHY AND RESILIENT KIDS



### Building resilience and increasing physical activity in our children.

The Education State aims to set students up for happy, healthy and prosperous lives by promoting resilience and physical activity.

### WHY IS THIS IMPORTANT?

Building personal resilience benefits students both within school and through the rest of their lives. Our focus on building high resilience is equipping students with the skills and strategies they need to tackle current and future challenges.

Physical activity is vital for 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?		
	<b>RESILIENCE</b>	By 2025, 20 per cent more students will report having high resilience.
	<b>PHYSICALLY ACTIVE</b>	By 2025, 20 per cent more students will be doing physical activity for an hour a day, five times a week.

### EDUCATION STATE INITIATIVES

#### Enhancing mental health support in schools

This program ensures that every government secondary school has access to a mental health professional to provide direct counselling and other intervention services to students.

#### Breakfast Clubs

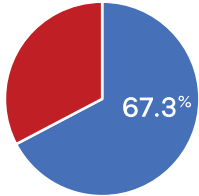
The aim of the School Breakfast Clubs Program is to establish breakfast clubs in disadvantaged primary schools to offer a healthy breakfast for students who may otherwise arrive at school hungry.



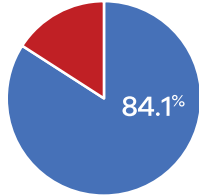
**HOW HAS VICTORIA PERFORMED IN 2018?\***

**Resilience**

2018 result



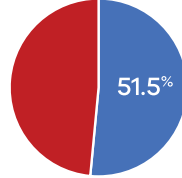
2025 target



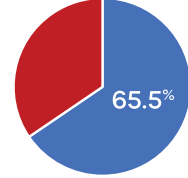
■ Students reporting high resilience

**Physical Activity**

2018 result



2025 target



■ Students doing physical activity for an hour a day, five times a week

\* measured through the Victorian Student Health and Wellbeing Survey (VSHAWS), which is a biennial survey; the most recent results are from 2018.

**MORE INFORMATION**

For more information about Education State targets and to view the work that is being achieved in schools in 2020, visit [www.education.vic.gov.au](http://www.education.vic.gov.au)