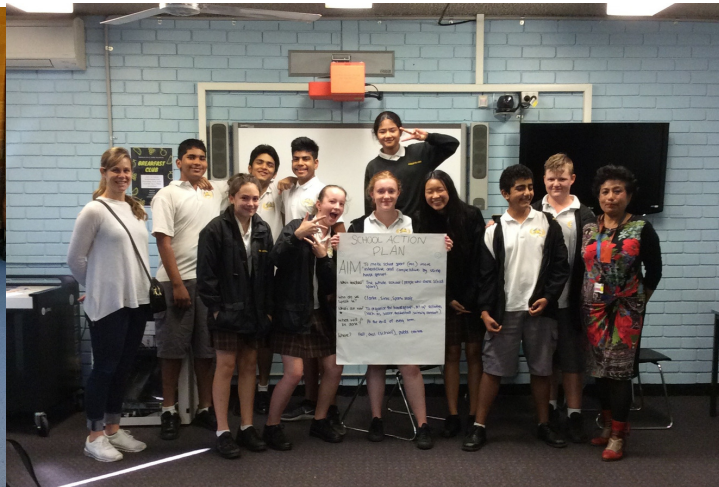




SALSA NEWSLETTER



Peer Leader workshop at Erskine Park High School



Peer Leader Debrief at Pendle Hill High School



Calling all Year 10 SALSA Peer Leaders

Get ready to learn...

- Leadership skills
- How to make a difference

Participate in ...

- Fitness testing
- Pitch ideas

Hear from...

- Community leaders

8:45 am- 2:00pm

Dates:

**Friday 16th August
OR**

Monday 19th August

**GWS Learning and Life Centre
1 Olympic Boulevard
Sydney Olympic Park, Homebush**

Enquiries:

**Kym.RizzoLiu@health.nsw.gov.au
0409 614 295**

Lunch Provided



**SALSA leadership forum
limited spots still
available**

WE WELCOME TWO NEW SALSA TEAM MEMBERS

Dr Louise Hardy is Senior Research Fellow, who has been involved in child and adolescent health for over 20 years. Dr Hardy has lead the population monitoring of NSW school children's health behaviours; the Schools Physical Activity and Nutrition Survey. She has joined PERU to strengthen evaluation processes.

Kym Rizzo Liu is a PDHPE teacher who has been a key member of the SALSA team for over 12 years. She has run the program in 2 schools and has been part of the SALSA Advisory Committee. Kym has a particular interest in increasing physical activity levels for young people.

2019 SUCCESSES SO FAR:

4 University Educator workshops conducted

67 university students trained

11 Peer Leader Workshops held

2 SALSA debrief sessions conducted

185 Peer Leaders have been trained

759 Year 7/8 students participated





Henry Kendall High School

HENRY KENDALL HIGH SCHOOL

Henry Kendall High School made successful changes to their canteen in 2017-18. They identified that some changes are best when they are achievable. In 2019 the SALSA Peer Leaders have some new plans for change.

1. Update the school sports shorts for girls. The girls find the unisex shorts uncomfortable and unflattering. The students think that changing the shorts will get the girls more active.

2. Have a water station installed next to the oval. At the present, the closest water station is in an inconvenient spot. The belief is that making water more accessible to playing areas will increase physical activity levels; especially in summer.

3. Run lunchtime house based sports competitions. The inclusion of more sporting competitions will not only increase participation levels but also highlight the enjoyment of playing sport.

Did you know?

**SECOND ACTIVE KIDS
VOUCHER AVAILABLE**
FROM JULY 2019

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>



For further details please contact:
kym.rizzoliu@health.nsw.gov.au

NEW SALSA ANIMATION VIDEO



Pendle Hill High School



Chifley College Mt Druitt Campus



Chifley College Mt Druitt Campus

Pendle Hill HS and Chifley College Mt Druitt Campus have been instrumental in helping the SALSA team and Visionary Digital Studios to replace Ryan's Goal with an updated animated video. A video workshop has been run at both schools, with student input leading the direction of the script. We aim to have this resource ready by the start of Term 2, for use in 2020.