



NEPEAN CREATIVE AND PERFORMING ARTS HIGH SCHOOL

2020 SALSA

ACTION PLAN

Students As Lifestyle Activists

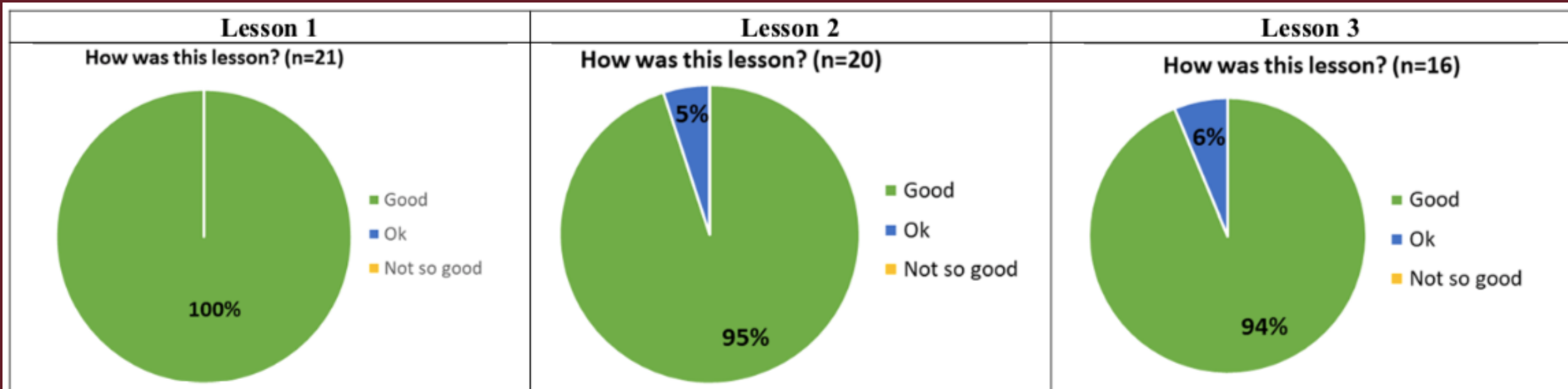
In 2020, Covid impacted the Face-to-face delivery of the SALSA Schools program. Due to this, our school participated in the world's world first online pilot study delivering the Online SALSA program to year 8 students.

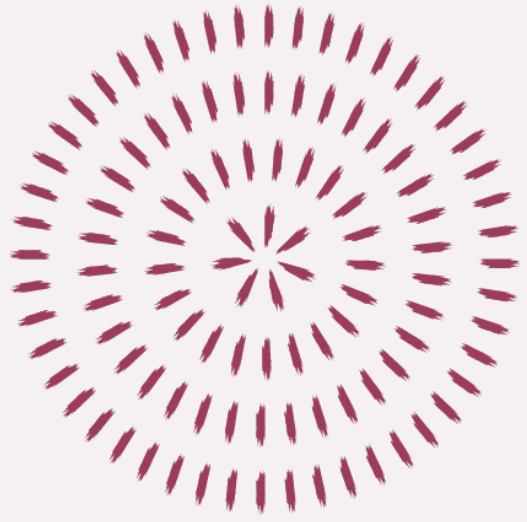
As a result of this program, we were able to increase the knowledge of our students about healthy eating and wellbeing.



Our SALSA program was delivered over a two-week period, where peer leaders delivered three lessons focusing on healthy eating, physical exercise and goal setting.

Overall, we had a good level of engagement from students and enjoyment in the three SALSA lessons.





Student Voices Leadership Day

The aim of the SALSA Voices Leadership Day was to build leadership skills in our peer leaders as well as identify, plan and implement an initiative to promote the health and wellbeing of the school community.



Our School Action Plan



During the recent COVID pandemic, we were advised not to drink from the old shared bubblers at school. This made it hard for us to access safe drinking water at school.

We decided that installing Covid safe filtered water refilling stations would reduce the need for us to drink from mouth bubblers that may pose a risk to our health and safety.



Our target audience is the Students and staff of Nepean Creative and Performing Arts High School.

We do have other schools visit the school weekly for Grade Sports, parents and community members visiting our school on regular occasions for events and showcases.



Estimated Costs for School Action Plan

CIVIQ has provided us with a quote for two Aquafil FlexiFountain 1200B filtered water stations for a base unit price of \$ 2,147.00. With signage (School Logo) , filter, cooler, installation and maintenance attached the total of the quote comes to \$ 11,024.20

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FUNDING



To implement this healthy school Initiative, we will need support from our local community, school executive members and P&C.

We would like our school action plan to be completed in 2021 with one cold water station installed on our back oval near our basketball courts and another when our new all is completed. This will allow our school students and staff access to safe, cold filtered drinking water across our school environment .





We would like to thank the PERU Unit for providing the opportunity through the SALSA program for us to present our school action plan today.