

The background image shows the entrance to Blacktown Girls School. On the left, there is a large, arched sign with a logo at the top and the text "BLACKTOWN GIRLS SCHOOL" and "RECEPTION" below it. The sign is set against a backdrop of lush green trees and a clear blue sky. In the foreground, there are green bushes and a paved path leading towards the school building on the right. A large, dark rock is visible on the path. A white car is parked near the sign.

SALSA: Youth Voices Event

Our initiative
Blacktown Girls High School

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Blacktown Girls High School



01



Students of BGHS

BGHS is a partially selective school that promotes healthy eating and physical activity through initiatives such as the SALSA program.

The SALSA program provides an engaging and encouraging environment to discuss the importance of physical activity and healthy eating for young adolescent girls.

SALSA Influence

SALSA has given the opportunity for us to learn and expand our skill sets. This program has given the student body a voice and an opportunity to change our school for the better. We have developed many leadership and communication skills which allows us to interact with individuals and influence others in a positive way.

Through this program, we were able to learn key factors of wellbeing and how we can implement healthy lifestyle choices. It inspired us to take an active role in our community, and make an effort to encourage others to make healthier choices.

Our short term goal was created to promote physical activity and healthy eating to the school community, with a large influence from the key skills and information we learnt throughout the SALSA program. Our long term goal was to create more space in our school for physical activity to take place as available recreation areas will allow more students to participate and encourage participation.



Health
Western Sydney
Local Health District

Our ideas



Our idea

We have two projects to help promote a healthy lifestyle in our school.

1. The first one is a **short term project** that we will complete over the next few weeks is the **colour run**. This will give the opportunity for students of all grades to participate in an event that will promote physical activity and healthy eating by having fun as well as receiving free fruit cups consisting of; oranges, watermelons, apples and carrots, once they have participated in the event. Through this we aim to promote both physical activity and healthy eating while also raising awareness of the social, physical and cognitive benefits of teamwork, leadership and wellbeing, while also increasing participation in sport.

2. Our next project is a **long term project**, set to commence next year in which we aim to **reline the tennis courts** in our school to make them more versatile. We have decided on relining them to create basketball, netball and volleyball courts, while also installing reversible hoops that can be used for basketball and netball. This will therefore aid in the growing numbers of our school community and to overall invite higher levels of participation and physical activity across all grades.



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Mentimeter

Instructions

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Enter the code

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Or use QR code



A vibrant scene of a Colour Run event. The image is filled with a thick cloud of colorful powder in shades of blue, yellow, pink, and green. In the foreground, several people are visible, some with their hands raised, and one person is holding a black container, likely a powder dispenser. The background is dark, suggesting an outdoor setting at night or in a shaded area.

Project 1 Colour Run Fruit Day

03



Colour Run Project

The colour fun run is an engaging way for students to participate in physical activity. The idea of throwing coloured powder on participating students, entices more adolescents to take part in this day, which promotes physical activity in a fun and engaging way.

When a student finishes the fun run track, they will earn a raffle ticket that will put them in a draw to win prizes as well as giving them a ticket to claim their free fruit cup from participation. An undercover area will be the designated place of the fruit distribution, where students will receive a fruit cup from the SALSA coordinators. Therefore such benefits encourage students to eat more fruit and increase their physical activity in order to promote a healthy lifestyle.



The fruit cups will consist of watermelon, carrot, apple and orange, in paper cups to reduce plastic wastes. Fruits that can be pre cut will be prepared a day in advance, either frozen or refrigerated. Apple however will need to be cut on demand. Our team will use our food tech and hospitality rooms to prepare and cut the fruits. We will store the fruits in large storage containers. Cups will be pre prepared and continued to be made throughout the day when needed. The raffle will take place at the conclusion of the event, where prizes will consist of water bottles and sports equipment to promote water drinking and physical activity.

Promoting the event

We will promote the colour run fruit day to our school community through Sentral which is a daily bulletin announcing the events that are occurring in our school each day.

Spreading awareness about the event during our Monday morning assemblies will allow the students to understand the importance and necessity for organising the colour run fruit day, as well as designing posters to be placed around the school, to invite students to take part among this event to achieve our promotion of healthy eating and physical activity as a whole school community.



SENTRAL
EDUCATION



Our Journey

Stage 1

We gathered together in accordance with our teacher to suggest a unique program to help promote healthy eating and physical activity throughout our school, by initiating the colour run. We organised meetings where we planned how much it would cost to organise the event including fruits and external equipment as well as planning the day schedule of how it would run.

Stage 2

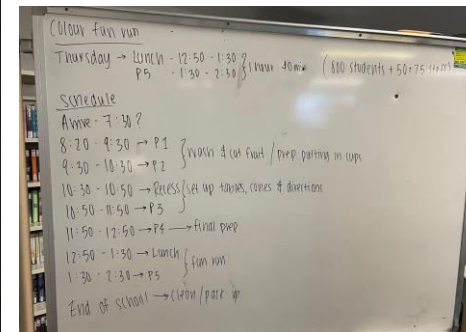
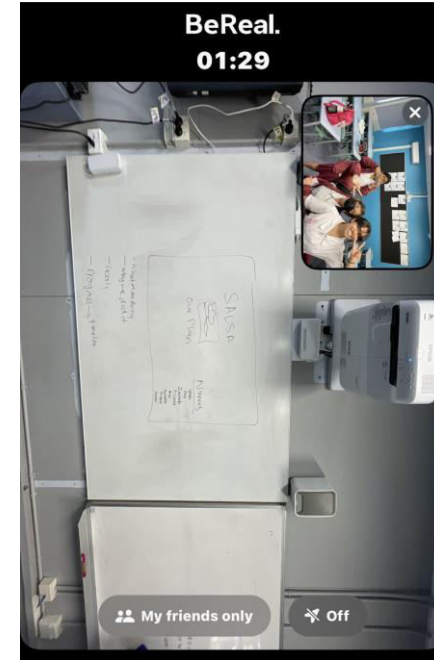
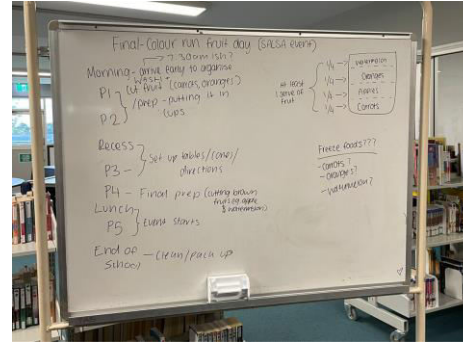
Next we expressed our idea among selected teachers and received approval to go on ahead with the idea, which is to take place on Tuesday December 6th in week 9.

Stage 3

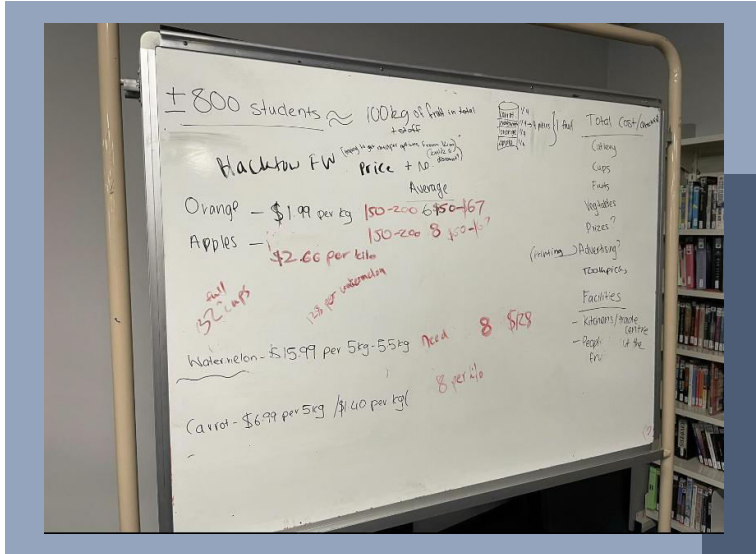
Voicing our idea to SALSA Youth Voices Event will help us to suggest changes or other ideas to help us enhance our vision for the colour run, while also sharing a unique idea to promote healthy eating and physical activity.

Stage 4

The last stage comes down to the actual day of the event where the SALSA body will run the event for the whole Blacktown Girls High School community to partake.



PROJECT STAGES (approximate costs)



ESTIMATED COST

200 oranges for \$67
200 apples for \$67
8 watermelons for \$128
190 Carrots for \$33.35
900 cups for \$82.50
= \$377.85 Round to \$400
\$100 dollars for prizes and raffle tickets

900

Estimated students in our school

2023 Future Goals





Project 2 Relining tennis courts

04

Our Journey

Stage 1

Our first stage was the planning and conducting stage. Here, we took time out of our well-being lessons in order to meet with our SALSA body and teacher to collaboratively put our ideas to paper and to provide feedback on our ideas. Here, we also examined the condition of the tennis courts and received advice from our grounds keeper to negotiate how achievable it is to do.

Stage 2

The next part is to receive approval from our principal on allowing these ideas go ahead. We also need to talk to various people within our school to make sure our idea is achievable.

Stage 3

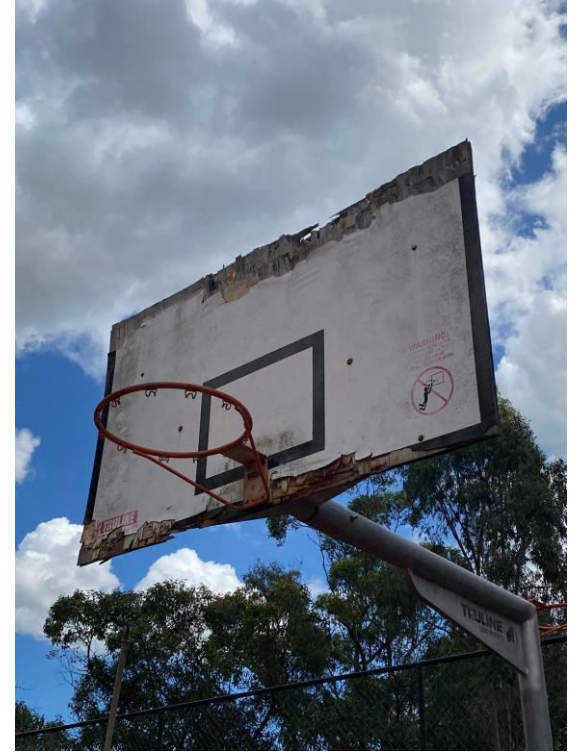
Now we are here. At the youth voices event where we share our idea and hope to receive feedback and ideas we can add to make the most out of our contribution to improving our school.

Stage 4

Once we return to school we hope to begin to put this plan into action, with the approval from executive to aid in promoting physical activity for our school community. We hope in 2023 we can initiative, develop and achieve our plan.



Court photos



Relining

What we are doing in regards to this? How we are doing it and what we want to see :

Our project entails creating a more multi-functional court that can accommodate for our schools growing population. With more and more students joining Blacktown Girls High School, we have a shortage of places for students to partake in physical activity. We wish to create more opportunities for young girls to play different sports but with limited facilities available, this poses as an obstacle we need to overcome.

This project will initiate in 2023 and will be greatly beneficial to the future students to have an are where they can play a variety of sports and assist in promoting physical activity. Considering the current state of the tennis court and how much they come in use, renovating them to create they more multi-purpose will be more advantageous.



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Kym Rizzo Liu, Dr Smita Shah and the SALSA university coordinators

Blacktown Girls High School community

Blacktown Medical Association

Westmead Hospital

Other participating schools :)

Our team

