



Australian Government

Australian Sports Commission

Active After-school Communities

Helping kids and communities get active



SOUTH BURNETT E-NEWS SEMESTER 2 2008

South Burnett kids run, jump, skip and hop to Beijing

To celebrate the 2008 Beijing Olympic and Paralympic Games, the Australian Sports Commission's Active After-school Communities (AASC) initiated the 'Journey to Beijing' challenge. Registered sites were provided with pedometers, wrist bands, progress chart and a tally sheet. The aim of the challenge was for sites to tally children's steps taken during AASC sessions and to try and get to Beijing.

AASC deliverer and manager of Cardio Central, Laila Gordon recognised that physical activity often works best when participants have a motivator.

'The kids were really excited about getting to Beijing! The amount of movement covered in our sessions meant they were there in no time! It's wonderful that we can take a world event like the Olympics and Paralympics and use it to motivate kids to get active and encourage fair play and teamwork.'

Congratulations to the following sites who did get to Beijing; Durong South State School, St Johns LPS and St Josephs Murgon in addition Kumbia State School, School's Out South Burnett and Wondai State School made it to Beijing and back!



St Johns with their pedometers at Cardio Central

playing for life

Active South Burnett Year 5 Fun Day

On Friday the 12th of September the Active South Burnett Committee held a Fun-Day at the Cherbourg Sports Complex for all Year 5 children around the South Burnett region. The purpose of the Fun-Day was to give children the opportunity to participate in a variety of activities, both traditional and non-traditional and experience the Indigenous culture in Cherbourg. The event also provided coaches with the opportunity to showcase their respective sports to children and create pathways from school to club.

In attendance were nearly 400 children from 12 primary schools in the region, 8 of which were AASC registered. The schools involved included Cherbourg State School, Cloyna State School, Goomeri State School, Kingaroy State School, Kumbia State School, Moffatdale State School, South Burnett Catholic College, St Joseph's Murgon,

Taabinga State School, Wheatlands State School, Yarraman State School and Wondai State School. Some schools travelled up to 2 hours return to take part which was an excellent result.



Site Empowerment

The coaching organisations and other activities involved, 8 of which are AASC registered, included Cardio Central (Kingaroy – aerobics), South Burnett Little Athletics, Murgon Judo Club, South West Soccer, Kingaroy Junior Soccer Club, South Burnett Community Training Centre (teambuilding), AFL Auskick, ARL Kids to Kangaroos, Qld Cricket, Cherbourg Sports Complex Sport and Recreation Officers – Cherbourg Aboriginal Shire Council (Indigenous Games), RHealth (nutrition), Qld Personal Training Studio (personal training), Active After-school Communities (ultimate frisbee, hockey, multi-skill) plus 2 sole providers who conducted tennis.

An important part of the AASC program involves empowering sites to take ownership of the program in their community. The benefits of this are that the site has the opportunity to build sustainable partnerships within the wider community plus they can better utilise their funding for longer term outcomes for all involved. The site will be supported to continue to provide a quality program to the children who participate in it.

A major drawcard for schools to attend the fun-day was that it was totally free of charge. The Committee was able to use successful grant submission funding from the West Moreton Partnership Council and the Darling Downs Population Health Unit, to fund transport, coaching and a healthy lunch. The fun-day was also a great opportunity for us to launch the Committee in this section of the region.

If the AASC program is to continue achieving the excellent outcomes that it has done so far, it is important that we continually work to improve the quality of what we do. Term 4 will see a move towards site empowerment and running a quality program tailored to the needs of a sites community



Jen Hill from RHealth showing a Wheatlands student the 'apple-slinky'



Darling Downs AASC Regional Coordinator, Scott Hawkins taking Kumbia students for frisbee

As the Regional Coordinator, I will continue to support your site in this process through more regular communication, advice and assistance with administrative tasks such as the grant applications and coach bookings within your local region. We will also undertake follow up calls throughout the term to ensure the coaches we are training are of the appropriate standard and to give assistance with ideas and resources for engaging your traditionally inactive children. If you have any questions on how this can be achieved or some clarification, please do not hesitate to contact me.

Well that's all from me. I hope everyone enjoys the last term of 2008!

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