



**HAMILTON
SENIOR
HIGH SCHOOL**

Background

- Hamilton SHS is a "school on the move" and is located within the City of Cockburn.
- it is a comprehensive high school and has 540 students from years 7 to 12.
- the general intake is from a range of socio economic backgrounds from areas south east of Fremantle. ICSEA 911.0 Band 9



Rationale



- school identified some students were not participating in physical activity as much as in the past, in particular, girls were not participating due to a range of social and attitudinal reasons.
- evident that students eating habits were poor and many students came to school without breakfast or lunch.
- school received the WA Healthy Schools Project Seed fund in 2014.





Objectives



Initial planning focussed on:

- increasing the physical activity of girls.
- promoting physical activity during break times.

Final plans: using the Health Promoting Schools Framework

- include a range of activities to address physical activity as a whole and to include 'Form' classes as part of the target. This would hopefully empower those with low self image, to feel part of the activity goal.
- link in with the school chaplain and the breakfast program.
- review our health policy and the broader links within the school community.

Strategies



For the Girls

- have Zumba classes at lunchtimes during term 3 whilst it is cold and wet.
- classes were open for boys to participate but social stigma kept them away. This kept the girls who were conscious about others seeing them move their bodies and were engaged.

For the Boys

- year 11 Careers class ran this as an enterprise
- students ran a 3 v 3 basketball competition with conditions
- basket balls were supplied for the competition with the agreement that the boys ran the competition, and include students from the junior years.

The Biggest Winner



The Biggest Winner



- all **form classes** would **compete** to demonstrate the greatest increase in **physical fitness** over the course of a semester.
- Prize was a day at **Adventure World**
- fitness testing - all form classes participated in **fitness testing** during Physical Education as a Pre and Post test.
- used the Multi Stage Shuttle Run or 'Beep' test as the key and a 60 second sit up test as a back up as it was **simple and quantifiable**.
- purchased a number of **circuit fitness discs** and one staff member (a personal trainer) drew up some activity cards. These could be **used anywhere**.
- form teachers were given some **Professional Development** by the P.E. staff.



What worked



Zumba Classes

- attendance was low at first but picked up and steadily increased.
- boys did not participate in Zumba and this encouraged some **girls to participate**.
- the impact of having boys present and girls participation was most evident when we programed a form class instead of the lunch class. Girls did not want to participate or get involved when boys were present in the session.
- a number of senior girls dominated the classes and were quite **enthusiastic**. This encouraged others who only wanted to watch at first.



What worked



3 v 3 Basketball

- the backboards were fitted, rings and nets went up but the Year 11 boys' enthusiasm waned.
- the basketball court was then over run by other students who created their own competition and the area is full every break in the day with student activity.
- the basketball prizes were used to replenish the basketballs that wore out due to the **enormous amount of activity.**



What worked

The BIGGEST WINNER



- form time is **20 minutes** x 4 days per week.
- form time is a conduit for a number of other educational objectives, such as silent reading.
- some classes used the fitness discs, and some used training cards.
- some went on walks, or came to the gymnasium during form and some did exactly what they usually did.
- is dependent upon **teacher enthusiasm** as to how much activity was undertaken during form time.
- results for fitness testing had to be taken across students who were present for both Pre and post testing. This often represented only 60% of the class
- however: there was much envy and excitement when the winning form was announced.



Healthy Schools Policy



Big Mommaz breakfast

- whilst not directly part of the seed funding for this project, the breakfast program supported and run by the **school chaplain**, is a direct and necessary healthy lifestyle intervention and forms part of our **Healthy School Policy**.
- **school partnership links** is an integral part of our whole school approach to helping students **Health themselves**.
- have an increasing number of students get breakfast at this time and a number of students are engaged in **community service** that support the cause.



School Canteen

- Our school canteen is outsourced to a contractor who incorporates the 'traffic light' policy in providing healthy choices for our students.



For the future



- intend to continue with the **BIGGEST WINNER** as an incentive to increase physical activity. Pre-testing starts later in term 2.
- **basketball continues** every break.
- **Big Mommaz Breakfast** operates 2 days per week.
- developing **beach volleyball** as an activity to **encourage both boys and girls** to get involved. Recently we constructed two beach volleyball courts with some contribution from the **City of Cockburn**. (looking to fundraise)
- grass/outdoor volleyball area marked in the Upper School quadrangle has proved popular and **supported by staff** other than HPE.