

Go4Fun



Host us at your school

We are seeking schools to host Go4Fun; a free 10-week program for children aged 7-13, funded by NSW Health.

What does Go4Fun involve?

Go4Fun is a free program for children aged between 7 and 13 years and their families. The program focuses on making lifestyle changes as a family, encourages healthy eating habits and fitness and improves self-esteem in kids.



Go4Fun takes place once a week after school for two hours, over 10 weeks.



The program is run by qualified health professionals, including dietitians and exercise physiologists.



A parent or carer must come to every session.

Changes to program: Previously, Go4Fun has been a program for children who are above a healthy weight. It has now changed to be a program for children of a healthy weight and above.

Why host us at your school?

- Enhances wellbeing of children and families.
- Free after-school program.
- Access to specialised health professionals.
- Increased school-home community engagement.
- Links to school wellbeing plan – can be offered annually at your school.
- Uses existing spaces. The minimum requirement is a COLA (or hall) for physical activity and an education room (such as a classroom/library).
- Flexible - can operate anytime from 3:15 pm across a term.
- Can be run alongside existing after-school care programs.



If you would like to discuss this opportunity please email Go4Fun Program Manager
E: islhd-healthpromotion@health.nsw.gov.au

