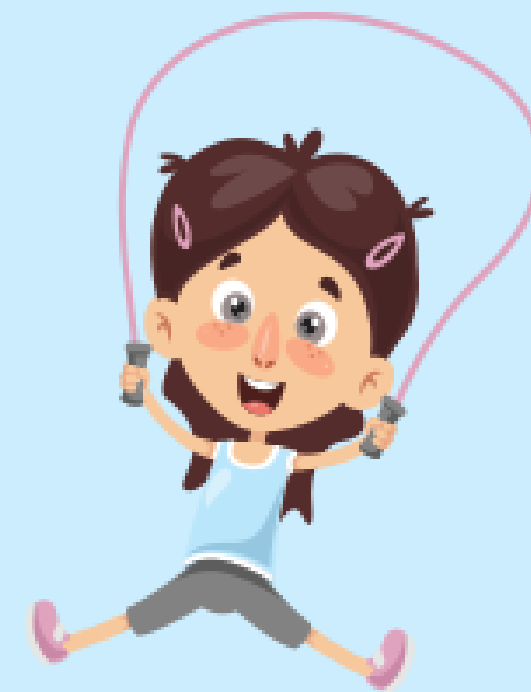
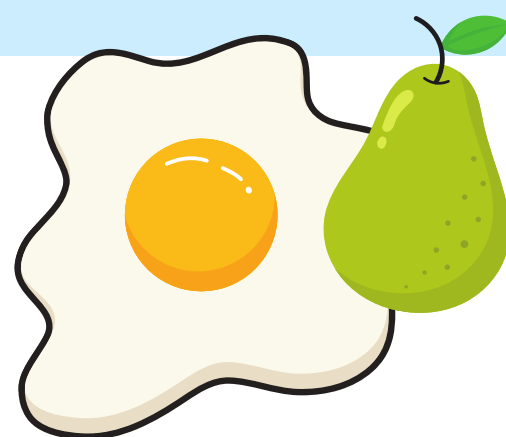


Academic performance and classroom behaviour

The impact of nutrition and physical activity



Students concentrate on tasks better immediately after physical activity



Regular breakfast is linked with improved behaviour, memory and concentration

Improved exam results are associated with high intensity physical activity



75% of students who eat 2 fruit and 5 vegetables daily achieve good school performance



Students learning and memory is enhanced after physical activity

Excess refined sugar intake increases off-task and aggressive behaviour in susceptible children



Good nutrition and physical activity at school is a win-win for students and teachers.

In-services

The Health Promotion Service Schools Team is offering a range of FREE staff in-services at your school. They can range from 10 minutes to 1.5 hours. Choose a topic below or we can customise a presentation to any health issue.

- Physical activity and nutrition impacts on academic performance
- Physically active classrooms
- Games with minimal equipment
- Teaching & assessing Fundamental Movement Skills
- Teaching numeracy and literacy through physical activity & nutrition
- Traditional Indigenous games
- Seed, Plant Eat and Learn (SPEL)
- Cooking in the classroom

To book or for more information: ISLHD-HealthPromotion@health.nsw.gov.au

