

# Healthy, active classrooms

Schools play an important role supporting the wellbeing of all students. Research shows physical activity and healthy eating improve children's physical wellbeing and their cognitive, social and emotional health. A healthy child is an optimal learner.

Here are some ways you can support healthy eating and physical activity in your classroom:



Illawarra Shoalhaven Local Health District, Health Promotion Service, 2022.

Live Life Well  
@ School

