

PROFILE



GET ACTIVE
Gold Coast

Labrador State School

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Get up, get out... get active!

Bodies, Brains and Confidence Program

Labrador BBC Program (*Bodies, Brains and Confidence*) is a program conducted for students of Labrador SS, promoting active lifestyles and healthy eating habits. The BBC Program has been in operation since 2008 with over one hundred students per week from prep to grade seven attending. The Program was initiated to address:

- The large number of overweight and unfit children at the school who are not directly exposed to or encouraged to participate in high intensity exercise.
- The large number of lower socioeconomic families in the local area who do not or are unable to provide their children a healthy, nourishing breakfast.

Dave Hartley, a teacher at the school who has an interest in various forms of cross-training and promoting healthy lifestyles, created the BBC Program. The program consists of:

- Three circuits have been created for the prep-grade three year levels, grades 4-5 and grades 6-7 age groups. Every Friday morning from 7:50am-8:30am all participating students complete a high intensity fitness circuit aimed at their age group
- After the fitness circuits are completed, all participating students are given a free healthy breakfast, consisting of scrambled eggs, cereal, fruit, toast and milk.
- Students enter their classrooms, re-energised and re-fuelled for the learning day.

Two other schools in the region (Ashmore SS and Merrimac SS) have now implemented the BBC Program on their own sites. Numerous other schools have expressed a desire to also implement the BBC Program. When additional sponsorship can be provided, expressions of interest will be considered.

SCHOOLS



www.getactivegoldcoast.com.au