

# Kids – 'Go for your life'

## Health professionals

### Health Professionals' forum

*Engaging and motivating Primary Schools and Early Childhood Services in health promotion*

#### Agenda

Tuesday 5 April 2011

9.30am – 4.00pm

The Royal Melbourne Zoo  
Parkville



**Professor Lawrence St. Leger, a well-known expert in the health promoting schools approach, will be giving a keynote presentation.**

We are pleased to be presenting this forum with the support of the Australian Health Promoting Schools Association



## Kids – ‘Go for your life’ Health Professionals’ forum

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You have expressed interest in attending our forum, and as a valued member of our Health Professionals’ Network a place has been reserved for you. **If you cannot attend** please let us know via email, as soon as possible, as we have a long waiting list of people that would like to attend.

Please return this form if you have any special dietary requirements, or if you have not advised us of which afternoon workshop session you wish to attend. If you do not tell us your preference for workshop we will allocate you to one.

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary requirements: \_\_\_\_\_

If you haven’t already done so, please indicate below which afternoon workshop session you wish to attend.

- Primary School session
- Early Childhood session

For all enquires regarding the Health Professionals’ forum contact [admin@kidsgoforyourlife.org.au](mailto:admin@kidsgoforyourlife.org.au) or phone 03 9635 5639 Fax: 03 8648 1826

### Venue: The Royal Melbourne Zoo

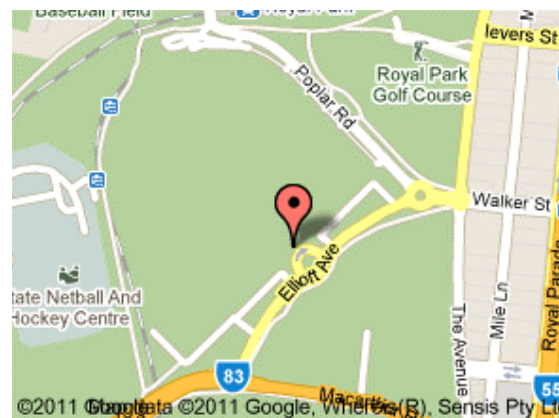
Rainforest Room

Elliott Avenue

Parkville VIC 3052 VIC 3052

Ph: 1300 966 784

The Royal Melbourne Zoological Gardens is 4 km north of the centre of Melbourne. Follow this link for more helpful directions;  
<http://www.zoo.org.au/Melbourne/Getting-Here>



### Public Transport

Plan your journey at [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au)

### Trams

Take tram routes 55 and 19

### Train

The Zoo is a short walk from Royal Park Station, which is on the Upfield train line.

### Bike

Take the Capital City Trail. Bicycles are not allowed inside the zoo

### Parking

Metered parking is available at the rate of \$2 for 5 hour



## AGENDA

Time	Session	Description	Presenters
<b>9.30 – 10.00</b>	<b>Registration</b>		
10.00 – 10.15	Welcome and overview Kids – ‘Go for your life’ update	A brief update on Kids – ‘Go for your life’ activity.	Natalie Russell, Manager, Kids – ‘Go for your life’
10.15 – 11.00 am	The Health Promoting Schools evidence: what works in engaging and motivating schools and early childhood services	A keynote presentation on the health promoting schools evidence regarding effective strategies for engaging with and motivating schools/services in health promotion and its transferability to the KGFYL program	Professor Lawrence St Leger, Honorary Professor, School of Health & Social Development Deakin University
<b>11.00 - 11.15</b>	<b>Morning Tea</b>		
11.15 – 12.30pm	Panel discussion and case studies: state-wide examples	Hear from other state-wide health promoting schools/services initiatives – what are some top tips that are transferable to KGFYL?	Ride2School KidsMatters SunSmart Quit Smiles4Miles
<b>12.30 – 1.15pm</b>	<b>Lunch</b>		
1.15pm – 1.30pm	Victorian Early Years Learning and Development Framework	Setting the scene with the current policy context. What are the drivers/opportunities for working with children 0-8 years?	Dr Anne Kennedy, Consultant in early childhood education
1.30pm – 2pm	Children and parents as champions	Hear from a parent and teacher about how children and parents facilitated a Health Promoting Schools culture in their local school/service	St Mary’s Primary School Woodbridge Preschool – Julie Grigoletto, parent
2pm – 2.30pm	Kids – ‘Go for your life’ health professionals case studies	Hear from other local health professionals – how they have developed meaningful and sustainable relationships with schools and services?	Liz Senior – EACH Sarah Baldock – City of Monash
<b>2.30 – 2.40pm</b>	<b>Coffee and move into groups</b>		
2.40pm – 3.50pm	Workshop: Health Promoting schools/services - real-life ideas  (ECS and PS specific groups)	Workshop to share and discuss participant’s experiences and practical tips in engaging, motivating and inspiring schools/services to participate in initiatives such as KGFYL.	Anne Kennedy Lawrence St Leger
3.50pm	Wrapping up	Summary of day and taking it back to workplace	Natalie Russell, Manager, Kids – ‘Go for your life’
<b>4pm</b>	<b>Finish</b>		