

## Healthy Active Program

The Healthy Active program was developed around the WA Health Promoting School's Framework. It is designed to offer alternative opportunities for engagement at school, promoting improved health and wellbeing for students in both physical and mental health. Our aim is to offer activities and programs which will engage all students, particularly those that are not traditionally engaged through school sport teams and health activities.

The program encourages a whole school approach to health and wellbeing. Mount Lawley is an official Act Belong Commit Mentally Healthy School. Success has been achieved in many different ways including after school activities, cross curricular, in school programs and health promotion activities. The school's Breakfast Club forms a part of this program.

This initiative has been recognised with Excellence awards for Health and Physical Activity from the Australian Council of Health, Physical Education and Recreation (ACHPER). The Program has also been acknowledged in the areas of Dance and Health.

In 2009 when the Program started, it was funded by the Australian Government Department of Health and Ageing. Its success and effectiveness in subsequent years has been made possible thanks to the Voluntary Approved Requests component of Contributions and Charges each year. With your support, new and continuing opportunities will be offered in 2025.

