



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active

Playing For Life National Newsletter



National Update

Term 2, 2005

Welcome to the first edition of the Active After-school Communities (AASC) national newsletter. This quarterly newsletter will keep you up to date with the latest information about the AASC program, including regular updates, case studies and stories from around the country.

The AASC program has now officially commenced with over 900 schools and Out of School Hours Care Services (OSHCS) involved in the program in Term 2. The program will then increase by approximately 250 schools and OSHCS each Term until Term 4, 2007. 3,250 Australian primary schools and OSHCS are targeted to participate in the AASC program by the end of 2007, capturing an estimated 150,000 children.

Primary schools and OSHCS in conjunction with our network of AASC Regional Coordinators have been working closely to identify the interests of the participating children for various structured physical activities and to determine what type of program to offer in each session. Delivery models may include either multi-skill physical activity programs and/or modified sporting games.

AASC Regional Coordinators around the country are also working hard to source local deliverers in the community, providing access to free professional development through the completion of the Community Coach Training Program.

The efforts of schools and OSHCS and the support of local communities for this initiative so far has been fantastic to see and they are to be highly commended for their efforts in assisting the ASC to have the program up and running in such a short timeframe.

The ASC is encouraging all members of the community to rally behind the AASC program to help promote its growth and create opportunities for more Australian children to have fun being physically active with their friends.

AASC staff at national, state and regional levels are currently also working collaboratively with key stakeholders in education, health, sport and recreation and family and community services to help promote and support the growth of this program within all communities.

KEY DATES

2nd Term, 2005 - AASC program begins in over 900 schools across the country. (NB: Term 1 in Tasmania).

29 August 2005 – closing date for 2006 Expressions of Interest for new schools/OSHCS to become involved in 2006.

What's new?

The AASC program was initially piloted in 20 schools and OSHCS from around Australia in Term 1, 2005. The pilot programs were extremely successful, with local Federal MPs or Senators visiting each school/OSHCS to officially launch the program, highlighting the Australian Government's commitment to children's physical activity and encouraging the community to support the AASC initiative.



ASC CEO, Mark Peters practising his skills with students at Spreyton Primary School launch in Tasmania

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The pilot program launches gained considerable media attention in local community papers and showcased the positive impact the AASC program is having on our children.

More information on the pilot programs can be accessed by visiting www.ausport.gov.au/aasc/media/launches.asp

New AASC initiatives

In June 2005 the AASC program will launch a new website featuring some terrific activities for the kids and great resources for schools and deliverers.

Some of the special features on the new site will include:

- A 'Kids Online Activities' interactive site that allows kids to design their own games on the computer before going outside to play them. The site features 4 categories of activities – target, court, hit 'n catch and tag – and caters for 3 different age groups in a fun and colourful format.



A page from the Kids Online Activities site soon to be released

- A 'kids playground' area which includes puzzles, downloadables, an opportunity for kid's feedback and healthy eating tips. There are 6 AASC characters who help kids navigate their way through the site.
- A schools/ OSHCS secure area (password protected) that will provide teachers and supervisors with lots of helpful information including the following:
 - case studies that show what other schools or OSHCS are doing to give you great ideas
 - coaching kits that can be used anytime at school
 - lesson plans and other great physical activity resources
 - all of the necessary AASC paperwork
 - contact lists
 - newsletters

- A deliverers secure area (password protected) that will provide a variety of valuable resources including:
 - case studies that will give great coaching tips and ideas
 - coaching kits that provide over 100 different games
 - AASC registration paperwork
 - contact lists
 - newsletters

In the meantime, visit www.ausport.gov.au/aasc for the latest information on the AASC and come back in June to see the new developments!

AASC Partners



HART Sport is now on board as the AASC program's preferred supplier of sporting goods, which means that if schools, OSHCS or deliverers choose to order equipment from HART sport they will get access to the following benefits:

- 15% discount on all HART Sport branded products
- 5% discount on all non-HART Sport branded products and Kits

www.ausport.gov.au/aasc

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- Free delivery on goods over the value of \$750 (excluding large or bulky items that attract an additional freight and handling charge as indicated in the HART Sport catalogue).

For a copy of the HART Sport catalogue and order form or for further details on how to place an order please contact HART Sport on 1800 808 247 or your Regional Coordinator.

Redbank Plains OSHCS helping kids get active

Redbank Plains OSHCS in Brisbane was one of 20 schools and OSHCS who took the first step to becoming more physically active by taking part in the AASC pilot program in Term 1, 2005. For the pilot the OSHCS had approximately 50 children participating in a number of different activities three afternoons per week.

Participating in the program was Matt Merritt, a 10 yr old boy who has Autism. Matt participated in every session in Term 1 and was involved in lots of activities that helped develop his motor-skills for striking and balance.

Unbeknownst to everyone, Matt had never successfully hit a ball in his lifetime and with the new skills he learnt at the AASC program, he was going home and practicing each afternoon.

On the day of the program's Launch, Matt had made a decision to show Graham, a deliverer from Rebels Softball Club, the new skills he had learned - and he did! Matt hit the ball for the first time and staff were fortunate enough to capture the moment.



Matt Merritt hitting a ball for the first time

The Launch of the pilot on March 22 and Matt's marvellous achievement finished off the OSHCS' experience with style.

Senator George Brandis officially launched the program and in attendance were school and community members, parents, ASC staff and of course lots of children. Everyone enjoyed the speeches, the flourishing activity and an extensive healthy afternoon tea.

The OSHC staff were assisted by Rebels Softball Club and everyone was rewarded by not only developing their personal skills, but by also seeing the thorough enjoyment in the children's faces while they were participating.