



Health & Happiness 2027

Students will collaborate to decide the focus of a student driven project which aims to address the essential question "How can we work together to create an active community that prides itself on sustainable living that underpins practices of inclusion, physical activities, and a healthy lifestyle?"

This endeavour explores the drivers of a healthy lifestyle. Students learn the importance of living a sustainable life in Australia, with movement as a key focus. They will have the opportunity to use the natural environment for movement and leisure. They will investigate how different cultures live and analyse the lifestyle practices that keep them healthy and happy.

This endeavour is flexible and pivots with the students' interests. The major project is developed through the student conference week, where students use their knowledge and understanding of the subject matter to identify problems in their local community and pitch reasons why it's a problem and some possible solutions. Through this process they will identify key stakeholders and collaborators such as the local council to assist making the project happen. Students will learn about successful health and wellbeing programs as part of developing their own project.

Key Learning

- Analyse external influences on young people's decisions, like peer pressure and social media
- Critically evaluate health information on healthy eating, physical activity and substance awareness
- Apply credible health advice to situations at home, school and in the community
- Implement health and safety plans, such as meal presentations or physical activity clubs
- Analyse factors influencing community participation, including



SEATON
HIGH SCHOOL

**ENTREPRENEURIAL
SPECIALIST SCHOOL**

Industry and Community Connections

Industry and community opportunities are sort when the direction of the students' projects is identified.

These may include:

- Charles Sturt Council
- Local Sporting Clubs
- Health Practitioners