

Media Release

The Hon Natalie Hutchins MP
Minister for Education
Minister for Women



Monday, 15 May 2023

YOUNG VICTORIANS GET THEIR MOVE ON FOR EDUCATION WEEK

The Andrews Labor Government is supporting students across the state to stay healthy and active, with the *Get Your Move On* campaign launched in line with Education Week's theme *Active Learners: Move, Make, Motivate*.

Minister for Education Natalie Hutchins today launched the latest evolution of the *Get Your Move On* campaign at Altona Secondary College, accompanied by ambassadors Heath Davidson and Moana Hope, while marking the start of Victoria's annual Education Week.

Education Week runs from Sunday 14 May to Saturday 20 May 2023 and will this year celebrate students participation in physical activity, hands-on learning and student voices in education.

Highlighting that just 15 minutes of activity, 4 times a day can have a lasting and positive impact on student wellbeing and learning engagement, the *Get Your Move On* initiative promotes a range of ideas to get students moving at home and at school – inspiring them to explore different activities to find something they love.

Get Your Move On is part of the wider \$45.4 million Active Schools investment by the Labor Government, which supports schools to embrace physical activities, delivering stronger engagement inside the classroom and supporting student health and wellbeing.

The Active Schools initiative includes a toolkit for school leaders and teachers, Physical Activity Advisors who provide on-the-ground support and funding for schools – ensuring more Victorian kids can forge healthy habits that they take with them for life.

During Education Week, students will also have the opportunity to take part in a range of fun, engaging and free activities hosted by a number of community organisations – from virtual storytimes to footy and coding workshops, opportunities are abound to engage young minds and bodies.

More information on *Get Your Move On* can be found at vic.gov.au/get-your-move-on, with further details on Education Week available at vic.gov.au/education-week.

Quotes attributable to Minister for Education Natalie Hutchins

"Students with happy and healthy minds and bodies reap more benefits in the classroom, that's why we're ensuring more kids have more opportunities to stay active, both at school and at home."

"Physical activity keeps kids bright eyed, healthy and focused and through these initiatives we're supporting more students to get more out of the classroom."

Quote attributable to Heath Davidson OAM

Whether it's a social media dance, a spur of the moment race or the challenge to try stretching or balancing their body in a new way, anything that gets your body moving, makes you breathe a little bit faster and speeds up your heart rate for just 15 minutes four times a day is great."