

## CGHS 2020 Year 7 Premier's Sporting Challenge

Dear Parents/Carers

This year our school has registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Over a ten week period (**Weeks 1-10 in Term 3**), our **CGHS Year 7 students** will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average of at least 60 minutes of activity a day for ten weeks.

Our school will be working towards a class-based and individual student award at the conclusion of the Challenge.

We would like to invite Year 7 families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.


Students are encouraged to download the free PSC Tracker app for smart phones, to aide in recording and monitoring their physical activity levels. Students may also use an on-line digital logbook to record their daily physical activity if preferred.

Year 7 Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze), signed by the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

If you would like to discuss any aspect of the Challenge, please contact Mrs Cooper via the school office.

Yours sincerely



**Belinda Conway**  
Principal



**Jane Cooper**  
CGHS PSC Coordinator