



# THE WAY









## A NEW WAY TO KEEP ACTIVE?

Health and Physical Education Day is on 6 September.

In just 6 weeks, on 6 September, students will be putting the iPads down and heading outside to celebrate **National Health and Physical Education (HPE) Day**. HPE Day is celebrated across Australia throughout schools and communities to inspire children and adolescents to be active.

At Thomas Hassall we want our students to live healthy lives beyond time at school and to develop lifelong healthy behaviours and attitudes. HPE Day is one avenue in which our students are encouraged to participate in physical activity beyond that of traditional sports and find the joy in it. Think activities like obstacle courses, golf football, bubble soccer and even Quidditch!

For more information on HPE Day Australia wide, head to <http://hpeday.com.au/>.

Watch this space for more on HPE Day at Thomas Hassall.

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