



## PHYSICAL ACTIVITY & EXERCISE

In the last decade, children's participation in physical activity and exercise has been in decline. In this digital age, children are using computers and mobile devices, not only for learning, but for relaxation and recreation purposes. This sedentary behaviour is having a detrimental effect on today's youth. The key is finding the balance.

Research shows, that regular physical activity and exercise leads to changes in the brain. It improves cognitive function, elevates mood, enhances learning and improves academic outcomes. Playing sport helps kids develop fundamental movement skills impacting positively on their confidence, self-esteem and ability to develop social skills. Parents play an important role in helping children establish positive habits that will benefit them in the long-term.

In this edition of SchoolTV, parents will discover practical advice relating to the benefits of regular physical activity and exercise, as well as tips on how to get their kids motivated and moving more. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the School Counsellors for further information.

Here is the link to this month's edition <http://thac.nsw.schooltv.me/newsletter/physical-activity-and-exercise>

Source: SchoolTV

**Mrs Jacoline Petersen**

